

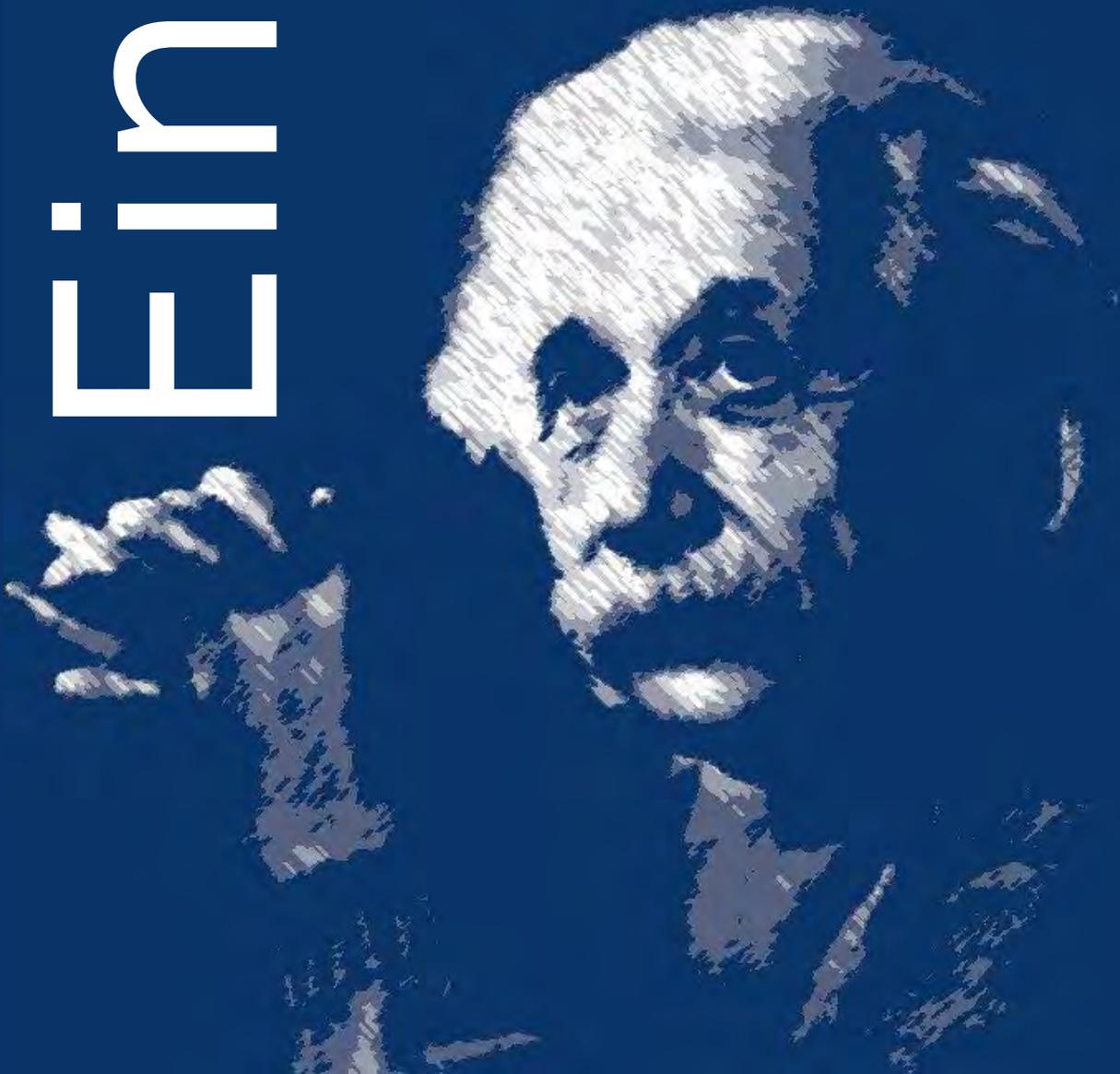
Einstein



EINSTEIN

Albert Einstein College of Medicine

Student to Student Handbook 2021-2022 Edition



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INTRODUCTION

If the school does nothing else except give an opportunity to one student to fulfill his dreams, our work will not have been in vain...
-Dr. Samuel Belkin, President of Yeshiva University (1943-1976)

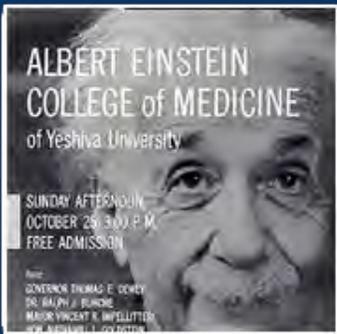


The History

The Second World War left the United States with a need for more medical schools and physicians. Leaders in the Jewish community and of Yeshiva University in New York felt that a Jewish sponsored medical school could serve as an answer to the atrocities of World War II and would help to repair the racial and cultural divides that existed in the United States. The medical college would not discriminate against any student on the basis of race, religion, creed, color, national origin, sex, age, disability, veteran or disabled veteran status, marital status, sexual orientation, or citizenship status. Upon hearing of this, Albert Einstein wrote a letter to the President of Yeshiva University at the time, Dr. Samuel Belkin. He said, in part:

I have learned to my great satisfaction that Yeshiva University is planning to establish a medical school...[it] will be unique, in that, while it will bear the imprint of a Jewish University devoted to the Arts and Sciences and will represent a collective effort by our people to make its contribution to medical science, it will welcome students of all creeds and races. I hope that you will find full understanding and support for this worthy cause.

- Albert Einstein, 1951



Later on his 74th birthday, March 14, 1953, Albert Einstein agreed to lend his name to the medical school, the only institution that was ever granted this privilege.

The Present

Since its inauguration in 1953, Einstein has developed into an increasingly strong and vibrant academic institution. Clinical opportunities for students have grown from the original Bronx Municipal Hospital complex (Jacobi Hospital) to encompass most of the large health care centers in the Bronx, including the University Hospital Montefiore Medical Center, and Bronx Lebanon Hospital Center. Additionally, Long Island Jewish Hospital, Maimonides Medical Center and St. Barnabas Hospital are important teaching hospitals within the Einstein system. As a student you will have the opportunity to train at all of these centers, as well as in community health care centers and private practices throughout the area.



The medical college's setting in the Bronx has provided students with a unique opportunity to gain an appreciation for the social and economic factors that contribute to a community's health. A large percentage of the students choose to do community service in the disadvantaged areas of New York City, providing a healthy balance to the rigor of medical school. Today Einstein continues to grow, with the addition of expanded areas of research, improved community medical services, capital enhancements, new educational facilities, and an historic partnership with Montefiore Medical Center in September 2015. If you are interested in learning more about the history of Einstein, visit <https://einsteinmed.org/about/>.

As the Einstein community welcomes new members, there are a number of ceremonial procedures to commemorate the transition from student to physician such as the On Becoming a Physician Ceremony, sponsored by the Einstein Alumni Association, during which students receive their White Coats. The alumni association also provides items such as stethoscopes, scrubs, and other tools crucial on the journey of becoming a physician.

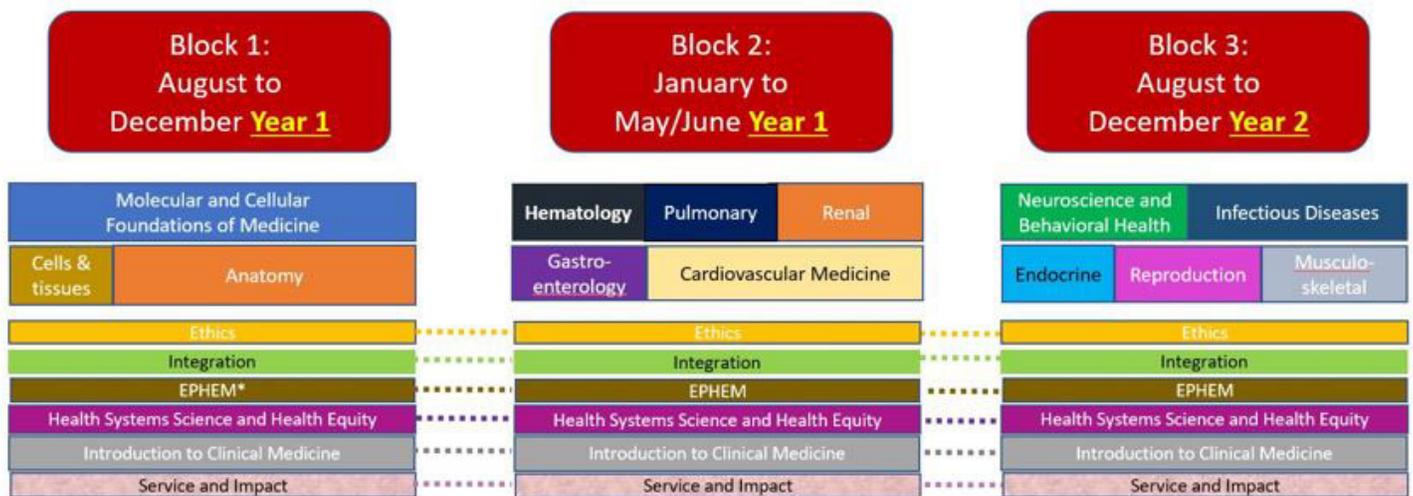
ACADEMICS

Big Picture, MS1 and MS2

The first 18 months consist of a basic science course load focused on lectures, small-group case conferences, and weekly trips to the clinics and hospitals in the Bronx & the greater New York City area. You will learn everything from the Genetics, Immunology, and Biochemistry to the human physiology and pathology of each individual organ system. As part of Introduction to Clinical Medicine, you will gradually learn how to interact with and examine patients while developing the skills of taking a medical history and performing a physical exam.

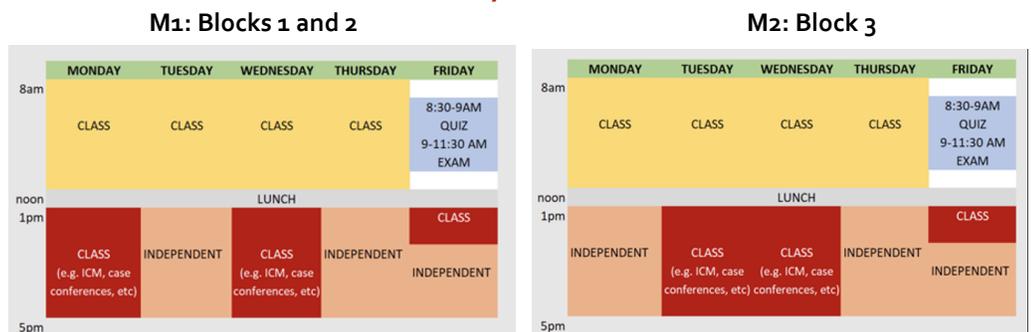
MS1 and MS2 is referred to as the "pre-clinical phase," which is broken up into 3 Blocks. Block 1 is the fall of MS1, Block 2 is in spring of MS1, and Block 3 is in the fall of MS2. Exams and courses during the pre-clinical phase are strictly Pass/Fail.

Several offices are available should you find yourself struggling, including the Office of Academic Support and Counseling and the Office of Student Affairs. Deans always have time for students and encourage those who need help to visit their offices. Approximate academic schedules and short descriptions of individual courses are detailed below.



Please note that this is a rough outline of the pre-clinical curriculum for the Class of 2025. There will be changes to the schedule for future classes as Einstein adopts the new curriculum. Similarly, as individual courses evolve within the new curriculum, descriptions may not fully reflect topics and learning objectives.

Weekly Schedules



An Important Word of Advice

Many students tend to have well developed study habits before coming to medical school. While those techniques may have been successful in undergrad, they may or may not be useful for upcoming courses, and are seldom useful in their application to all courses. Be flexible and adaptive in your study methodology, consult with other students, speak to professors, form study groups. Take advantage of the P/F system to try new methods and find what works best in this new environment. Consult with students in other classes but be mindful that the curriculum is evolving and individual courses may have changed significantly since the previous year.

First Year

Molecular and Cellular Foundations of Medicine

MCFM is an integrated basic science course taught by basic scientists and clinicians. It covers the genetics, immunological, cell growth, and metabolic principles that underlie clinical medicine. The goal of MCFM is to promote clinical thinking, problem solving, and interpersonal skills relevant to clinical decision-making. The course is divided into Modules: Genetics; Pharmacology Principle; Metabolism; Immunology; and Pharmacology, Physiology and Pathology.

Clinical and Developmental Anatomy

Human anatomy is one the fundamental courses in the medical school curriculum. The course is organized to provide students with a thorough introduction to the characteristics, development, gross structure, and clinical significance of the human body. Students will become fluent in its language, an essential part of one's medical training that will soon be part of daily conversations. This working knowledge of anatomical nomenclature equips students with the tools needed to utilize the plethora of medical references at their disposal.

Health Systems Science and Health Equity (M1 and M2)

This is a longitudinal course that takes place throughout the pre-clinical phase. Population health is a focus for the course. Sessions are a mixture of lectures and small group discussions. Topics covered include social determinants of health, social justice and advocacy in the role of physician, public health, environmental health, health care systems, health literacy and preventative medicine.

Epidemiology, Population Health & Evidence-Based Medicine (M1 and M2)

The course EPHEM introduces students to epidemiology and biostatistics as they relate to preventative medicine and clinical research. Einstein is passionate about prevention and public health and as such the course is taught in the context of health promotion, prevention, and public health. Through several lectures followed by a series of small group sessions, students learn the science of clinical research methods, including study design and data analysis. Students acquire the tools necessary to evaluate published research and come to their own conclusions about clinical implication, rather than depending on author conclusions; they become critical readers of medical literature.

Introduction to Clinical Medicine (M1 and M2)

The Introduction to Clinical Medicine (ICM) program teaches medical students the basic skills that are utilized in clinical encounters with patients. These include interviewing, relationship building, interpretation and synthesis of patient data, oral case presentations and case write-ups. In addition, the program promotes a whole patient or biopsychosocial approach to patient care by examining principles of bioethics, and helping students identify the personal and social attitudes and values that influence optimal patient management.

ICM is comprised of three modules, integrated throughout first and second year, each interdependent on the other. In the Communications Module, students practice their interviewing skills with both volunteer patients and standardized patients. Over thirty cross-departmental clinical faculty members teach in this module of ICM. In the Physical Exam Module, students are taught physical examination skills and have the

chance to practice core maneuvers on fellow students. In The Clinical Skills Module, students are placed at various clinical sites throughout the Einstein affiliate network. These site visits give students opportunities to practice medical interviewing, relationship building, and physician exam in a real clinical setting.

Bioethics (M1 and M2)

The bioethics education program is longitudinal in nature, so you will be learning this subject throughout your four years of medical school. Since the practice of medicine is an intrinsically ethical field, and ethics is integral to Einstein's mission, bioethics is a core component of the medical school's curriculum. Whenever possible, bioethics topics that are covered in years 1 and 2 are linked to related basic science sessions. In this way, students have the opportunity to identify and learn about the many ethical issues that relate to topics covered in the basic science curriculum. Sessions consist of lectures followed by small group discussions.

Hematology

The objectives of this course include understanding normal hematopoiesis, regulation of blood cell production, and the functions of blood cells. You will also learn how abnormalities in hematopoiesis result in specific hematologic disorders. And you will learn about normal and pathologic hemostasis and clot formation.



Academics

disease, pulmonary hypertension, and congenital heart disease.

contribute to microbial virulence and pathogenicity and that infectious diseases only occur in susceptible hosts. As such, the lectures, laboratory sessions, and case-based learning sessions will discuss both host and microbial features that influence the outcome of microbial infection.

Pulmonary System

The first part of this course identifies the anatomy of the lung responsible for the aspects of physiology under discussion. You will also apply the proper equations to solve and identify the appropriate physiologic principles. You will interpret blood gases, pulmonary function tests, and exercise tests to identify the physiologic processes and to grade physiologic abnormalities. The second part of this course utilizes the skills from the first part to focus more on the pathology of specific lung disease and their treatment options.

Summer Break

While not technically part of your academic experience at Einstein, there are many academic and extracurricular opportunities available for students to participate in during this 10ish-week break. Many students utilize the easily accessible funding for a wide range of projects. Some students opt for a low-key local project, others pick research positions in their hometowns, and others choose destinations like Peru, Uganda, and Thailand, to name a few.

Endocrine System

The Endocrine System course provides an integrated learning experience in normal and abnormal organ system structure and function. As such, it includes the study of biochemistry, physiology, pathophysiology, pathology, and pharmacology of a system that itself influences function of virtually every cell and organ in the body. Hormones that affect growth, development, and function of reproductive organs are considered in this course, but the major study of reproductive endocrinology will not occur until the Reproductive System course that immediately follows. Thus, your “complete” study of endocrinology encompasses the two successive courses.

Renal

Early in the course students learn the normal physiologic role of the kidney and begin to learn some of the pathology that can develop as renal function fails, including disorders of body water balance, edema states, acid-base disorders, and electrolyte disorders. In the second part of the course, you will learn the specific diseases of the kidney from their pathology bases to their clinical constellations.

Whatever you end up doing, this is your last summer break, so make the most of it!

Second Year

Nervous System and Human Behavior

The neurology course has three parts. Part A is an introduction to neuroanatomy and neurophysiology, with ties to sensory systems – it includes the two gross brain demonstrations and the brain dissection laboratory. Part B focuses on neurodevelopment and neurologic disorders. Part C covers psychiatric and neurobehavioral issues, as well as higher cognitive functions.

Reproductive System and Human Sexuality

The objective of the course is to present the student with a general overview of the normal function and common disorders of the human reproductive system. There are three interrelated topics addressed by the course: physiology/pathophysiology, human sexuality, and pathology.

Gastrointestinal System

This course presents students with a general overview of the normal function and common disorders of the human gastrointestinal and biliary systems. The three interrelated topics addressed by the course are physiology/pathophysiology, nutrition, and pathology.

Infectious Diseases

This course introduces students to basic concepts in microbiology, microbial pathogenesis, and infectious diseases. The course covers bacteriology, mycology, and virology, and then looks at antimicrobial, antifungal, and antiviral therapies. The focus is on medically important bacteria, fungi and viruses and the infectious diseases that they cause. The conceptual underpinnings of the course are based on the tenets that both the host and the microbe

Musculoskeletal System (aka Rheumatology)

This course focuses on the physiology and pathophysiology of all connective tissues, including skin, bone, cartilage, and muscle. You will learn about the normal functioning and pathological states of these tissues, as well as treatment options.

Cardiovascular Medicine

In the first part of this course, students will learn the basics of cardiovascular physiology. In the second half of the course, students will learn to recognize pathological states and identify treatment options of the major categories of cardiac disease. These include coronary artery disease, congestive heart failure, arrhythmias, valvular heart disease, pericardial

Big Picture, MS-3 and MS-4

Welcome to third year of medical school! Unlike the pre-clinical phase throughout which you saw patients only once a week, you will be dressed up, donning your white coat and participating in patient care on most days. While all students complete the same required clerkships, the order and placement varies. During third year each student completes rotations in Medicine, Psychiatry, OB/GYN, Surgery, Pediatrics, Geriatrics, Family Medicine and Radiology, and has a total of four 1-week vacations, typically following the longer rotations. You will receive lots of support making this transition. Students are also expected to complete evaluations in all required rotations.



Einstein: transition to clerkship and clerkships

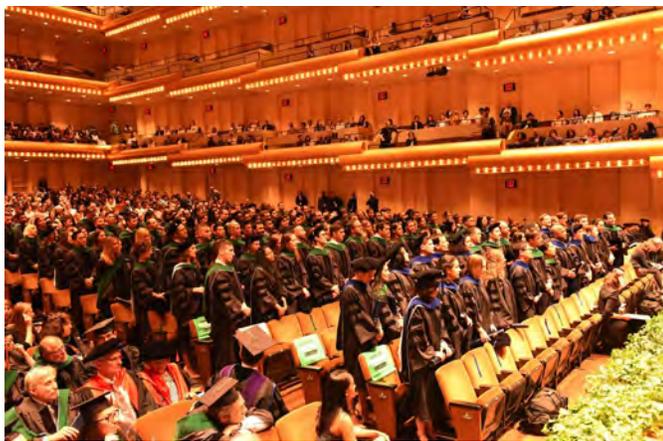


*Transition course includes radiology, laboratory medicine, clinical reasoning, clinical experiences, integration activities, and more
 **Intercessions include higher order critical thinking and communication skill training, integration of clinical and basic science, service, etc.

Einstein: Independent directed professional development



*16 **four week** long blocks that include 2 dedicated to acting internships and 2 for intercessions with the remainder for clinical, education, and research experiences
 **The second intercession includes a “boot camp” with specific training for different residencies



In addition to rotations, the *Patients, Doctors, and Communities* course runs through all of third year. PDC is similar to ICM; through small group based conferences, PDC provides students with opportunities to reflect on experiences, helps ensure smooth transitions throughout the year, and generates discussion about prevention, ethics, and professionalism.

Fourth year is much more flexible with only three required rotations — neurology, ambulatory care, and a sub-internship. If a student postpones geriatrics to fourth year, a 2-week rotation or a 4-week elective must also be completed. Students take different electives, apply and interview for residencies, and have a one month vacation. They might also work on their scholarly project

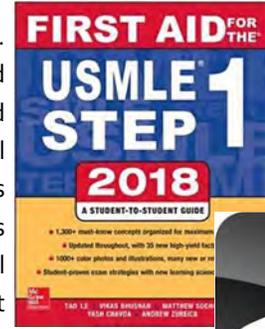
and paper, a graduation requirement that others meet with a first year summer research. Then, congratulations – you graduate and begin even more training!

Some Einstein students, however, are not quite ready to say goodbye after four years. They devote a fifth year of study (usually between the third and fourth years), with no extra tuition cost, to projects in research, global health, health policy or public health. Some enroll in MPH programs in schools of public health. Others enroll in programs leading to the MS degree in clinical research methods or Bioethics. Students accepted into any of the foregoing programs are eligible for Einstein fellowships, and they also compete successfully in national fellowship programs such as those sponsored by the Howard Hughes Medical Institute or NIH.

After graduation, you will spend one year as an intern (e.g., Surgery, Medicine, or Transitional Year), followed by taking Step 3 of the USMLE. You then begin residency, which ranges from two to seven years depending on specialty. Some may decide to specialize further and apply for fellowships that can range from 1-3 years.

USMLE—The Boards

The Boards are the national licensing exams taken by every medical student across the country. There are three steps: Step 1 is taken after third year, just after clerkships end. It is graded Pass/Fail and covers the principles and mechanisms of physiology and pathophysiology and pretty much everything else taught (and not taught) during pre-clinical years. Step 2 Clinical Knowledge (CK) is also taken after third year. Step 3 is taken after internship year and assesses comprehension of basic and biomedical science and application of medical knowledge and is essentially designed to determine whether or not students are prepared to practice general medicine without direct and constant supervision. Practicing medicine in the US is contingent upon passing all three board exams within seven years.



Many students like to get some of the review books for Step 1 in their first and second years to help them learn the material the first time around. A good place to start is *First Aid for the US-*

MLE Step 1. This book includes study strategies, a detailed list of high-yield facts that frequently appear on the exams, and handy evaluations of most of the board review books on the market, including a letter grade and student feedback for each. In addition to your class material & First Aid, many use the BRS review series, Pathoma and Golijan rapid reviews, Lipponcott's illustrated review series, Boards and Beyond, and Sketchy Medicine, a website with useful videos detailing microbiology and pharmacology. Many students also use Anki and Quizlet to create flashcards to study for exams. These can be very helpful when reviewing material for your boards.

RESEARCH OPPORTUNITIES

All Einstein medical students must submit a Scholarly Paper in order to graduate. The college offers a broad range of research and service opportunities that allow students to pursue their interests. These opportunities allow Einstein medical students to enhance their education beyond the required curriculum. It is through these experiences that students develop their ideas for a scholarly project and a plan for the project to evolve into Scholarly Paper. Working with a mentor to guide and support the students, these experiences can have a substantial effect on the professional development and career choice.

Research opportunities exist to work with Einstein faculty, participate in international programs, and to enroll in Master's degree-granting programs in clinical research training, public health and bioethics. Einstein offers stipends in the form of various fellowships. These include stipends for the summer after the first year, for research electives in the fourth year and other 12-month fellowships for a gap year after the third year. We encourage students to pursue their interests with a view that can be broadly related to health and medicine and align these interests with the focus of their Scholarly Paper. The Medical Student Research Office is poised to help you accomplish this.



For more information about the Scholarly Paper or any of the programs described below contact Dr. Ellie Schoenbaum, Director of Medical Student Research at ellie.schoenbaum@einsteinmed.org.

MD.- MSc. in Clinical Research

The Clinical Research Training Program provides a foundation for a career as a physician-scientist. Students learn clinical research methods and complete an original research project under the guidance of mentor. Students dedicate a year after their clerkships and some elective time in the senior year to the program. They complete courses in epidemiology, biostatistics, research ethics and data analysis. They learn the rudiments of study design, they analyze their data and write their own papers. The program culminates in the thesis, which is an original manuscript suitable for publication. Students graduate with an MD. MSc. after five years.

Master of Science in Bioethics (MBE)

The Einstein-Cardozo Master of Science in Bioethics focuses on translational work in bioethics, adapting theory to build practical knowledge and skills that help professionals improve care and communication. We specialize in clinical bioethics consultation, research involving human subjects and healthcare ethics policy. Our innovative program examines how moral, ethical and religious values affect medical decisions and healthcare policy. We assess how both emotions and reason shape the choices of patients, doctors, family members and even judicial decisions and laws. We integrate educational approaches from narrative medicine and legal scholarship to offer our students the broadest possible understanding of bioethics.

Key issues include medical choices at the end of life, the allocation of scarce healthcare resources, protections for human research subjects, the privacy of medical information and the role of race, class and ethnicity in health outcomes and access to care. Medical students can complete some requirements for the MBE during the summer after first year or in elective time during fourth year. To complete the MBE, students spend a year in which they focus on bioethics, completing course work and their capstone project under the supervision of the bioethics faculty.

E-CURRICULUM



Einstein Online Curriculum and Resources

The Office of Medical Education is joining the rest of the College's efforts in going green by replacing the traditional paper syllabi with electronic versions available online via the Canvas learning management system. Nearly all course resources are accessible on Einstein's page of the Canvas learning management system, including syllabi, lecture notes, lecture audio & visual recordings as well as course evaluations and discussion boards.

Questions? Contact: Delwar Chowdhury, MS, Manager, Educational Informatics
delwar.chowdhury@einsteinmed.org
718.430.3362

Trying to decide on technology for Medical School?

At Einstein, students use a range of technology, with the majority using Apple (Macbooks, iPads) or Microsoft (Laptops, Surface Tablets) products, or a combination of both. Consider asking around or trying out a friend's tablet before making a costly commitment. The best advice is to use what works best for you, or whatever you think you will be most comfortable with.

How do I take notes?

With the transition to a fully digital curriculum most students have adapted their studying/note-taking techniques in a variety of ways. Most take notes on laptops during class, though there are some that use iPads and yet others that still print out hardcopies of the PowerPoint slides or take notes by hand in a notebook. All lectures are live streamed & video/audio recorded for repeat viewing and reviewing. The easiest (and most common) application used for note-taking is PowerPoint since most presentations are provided in the .ppt format and usable by both Macs and PCs. Other applications used however include those such as Preview, OneNote, PowerPoint, Notability, etc. There are certainly pros and cons to every technique (including printing out slides) but you alone recognize the key features necessary for your own success. The moral of the story is try, try again until you find something that works for you.



Einstein has an incredibly collaborative environment, in which students are constantly going out of their way to share resources and help each other learn. Usually, at the beginning of the year a student will take the initiative to create a class-specific resources page where the class can ask questions or share study guides, lecture notes, pdf's, flashcard decks (eg anki or quizlet), helpful charts or videos, or whatever they find useful. It should be noted though that sensitive/copyrighted resources should not be uploaded to facebook as publishers can be alerted to such actions. Facebook is also how students can communicate with each other about various events..



However, the main resource students use to communicate about events (on- or off-campus) is through a class GroupMe. Again, a student can take the initiative in the beginning of the year to make a GroupMe and students can ask whatever questions, share a joke, or wish people a happy birthday.

Student Support



Office of Academic Support and Counseling (OASC)

Starting medical school is a large transition. It is not uncommon for students to face unexpected challenges, both academically and personally. The Office of Academic Support and Counseling works with many other offices to provide assistance both in classes and mental health.

Peer tutoring—Available to all Einstein students, and free of charge! The tutors are M.D. or MSTP students in at least their second year of schooling. They are chosen as tutors because they excelled in the course. It is a great opportunity to get individualized attention from upperclassmen who were in your shoes just a year or two before. They are great, not only to help reinforce the course material, but also may have helpful study tips or other useful resources.

Peer mentoring—Also available to all Einstein students, these mentors are here for both academic and personal support. Whether you need help with time management, family issues, loneliness, or just want to chat, a peer mentor is there to advocate for your well-being. Most importantly, peer mentors provide judgement-free and confidential settings for students to address concerns.

One-on-one consultation— Dr. Kelly can help address anything from academic to personal concerns, and help refer you to mental health resources. The office is incredibly welcoming if you have concerns you wish to address or just need a place to relax!

To check out what else they offer, or to make an appointment, go to <https://einsteinmed.org/education/student-affairs/>

The Student Mental Health Center is a newly established resource for addressing student mental and emotional health. The center is located in Van Etten. To make an appointment, call 718 839 7400, email joseph.battaglia@einsteinmed.org, or go to <https://einsteinmed.org/education/student-affairs/student-wellness-wellmed/student-mental-health-center.aspx>



Mary S. Kelly, Ph.D, Director, Office of Academic Support and Counseling

As the director of OASC, Dr. Kelly and her office provide one-on-one consultation with students on their academics, and is in charge of academic accommodations in conjunction with the Office of Student Affairs. OASC also fills an important role in USMLE board exam advising for students. Questions and concerns can be directed to Dr. Kelly at mary.kelly@einsteinmed.org or via phone at 718-430-3154

WHERE DO I STUDY?



Photo by Jason Torres

D. Samuel Gottesman Library

The D. Samuel Gottesman Library provides medical textbooks (from reserves), study rooms (possible to reserve), a general silent study room, computers, printers, and multiple desks equipped with power outlets and Internet connections. The library has a full subscription to most medical journals, either electronically or in print, as well as many general newspapers and magazines. Many textbooks are available with online access. If the library lacks an item that you require, you can request it through the inter-library loan service. The Library also provides other useful services including 3D printing (very useful for anatomy) and free comb binding.

Contact Information

Reference Desk: askref@einsteinmed.org

Circ. Desk: circdesk@einstemed.org

Website: <https://library.einsteinmed.org>

Remote Access:

<https://login.elibrary.einsteinmed.org/login>

To access online resources. Your User ID is the 5-digit barcode number on the back of your Einstein ID card. Your pass-word is your last name.

Library Hours

Monday - Thursday 8:30am - Midnight

Friday (Circ. Desk) 8:30am - 5pm

Friday (Study Only) 5pm - Midnight

Saturday (Study Only) 10:30am - 5:30pm

Sunday 10:30am - 10 pm

Location: 1st Floor Forchheimer

Sabbath: Library services are closed during the Jewish Sabbath from Friday night through Saturday; However, the reading and quiet room in the library remain open for study.

Extended Study Hours: During heavy exam periods of the year, the administration frequently extends library study hours past midnight.

Beren Study Center

The Beren Study Center, located immediately adjacent to the library, is open 7 days a week for 24 hours each day. It offers multiple tables, study booths, and printers that can be accessed with a prepaid account. Phone charging is also available.

Belfer Study Rooms

Several classrooms and labs on Belfer Floors 4-8 have been designated as student study areas and are furnished with tables, comfortable chairs, and one or two computers. Some rooms may be reserved for classes or meetings, but this can easily be checked at <https://einsteinmed.org/administration/auxiliary-services/audio-visual/>. Study rooms are always accessible whereas the administrative offices will be locked. Riklis is sometimes also open for after-hours study.

Additional On-Campus Spaces

Upper & Lower Education Centers — Forcheimer Building

Newly renovated in 2015, the Education center at Einstein is home to both learning facilities and top-notch study spaces for students. The Upper Education Center includes interactive classrooms and small private desks for study, while the Lower Ed Center includes over 40 tables for students to take over with interactive SmartBoards at each table. Each space is ideal for studying but beware of disruptions during the week by the rest of the Einstein community.

Main Street — Forcheimer Building

Main Street is located adjacent to the Main Street Café. With larger tables, Main Street is a great space for group meetings or studying. It is ideal for people who like to study with background noise, and get natural sunlight.

Off-Campus

Benjamin Cardozo School of Law

Bus: 55 5th Avenue between 12th and 13th Streets. Take the Express Bus down 5th and walk the last ten blocks or take the 4/5/6 train to Union Square.

Yeshiva University's law school, The Benjamin Cardozo School of Law, is another welcoming study space. It is located downtown close to Union Square and accessible via public transport and by car, although parking in the city can be difficult. Your Einstein ID is required to access the main building and the library is on the 7th floor. During the academic year, the library is open until midnight on Sundays through Thursdays and closed at sunset on Fridays and all day on Saturday.

New York Public Library, Starbucks, etc.

Some students take the express bus to the stop on 42nd and Fifth, which has a beautiful reading room and many locations for lunch nearby. In addition, the nearby Bryant Park is an excellent warm weather study location. Another branch of the public library, the business and science branch is located at Madison and 34th. Known for its ergonomic chairs and quiet study areas, this branch is also known for its stringent rules and may not be recommended for those who desire a more relaxed study atmosphere. on foot). Take the opportunity to discover a favorite study spot in the Bronx or Manhattan and ask upperclassmen for tips!



CAMPUS LIFE

Einstein Student Café

Looking for a fun way to make a couple of bucks? Work a shift at the Einstein Student Café! You will be given a debit card issued by Student Activities to receive payment. After your shift the payment will be placed on your card (Please be aware that this income will be taxed once you make more than \$600 with us). The monthly schedule is opened on the 15th of each month. Each student is allowed to work up to 4 times a month. The café is in the Max and Sadie Lounge located between the Forchheimer and Chanin buildings.

Skit Night, Ice Skating and other Fun Events

Skit Night is a tremendous tradition that is put on annually by the first and second year class. It is a time for creativity, mockery, and friendly jesting. The second years perform for first years in February and first years host about one month later.



Einstein students also enjoy Around the World (ask second years about this and get excited!), post-exam parties, Apple Picking, an annual powder-puff football game, Formal, Ice-Skating and Fun Day in October featuring outdoor games, barbecues, music, cotton candy, tee shirts, and more. Be sure to mark your calendars for the student-organized events!



COMMUNITY SERVICE



Community Based Service Learning Program (CBSL)

Einstein Community Action Network

CBSL oversees Einstein's Community Action Network (CAN), a collaboration of Einstein medical students, faculty and communities in the Bronx. Einstein CAN groups promote services and provide advocacy for vulnerable populations in the Bronx. We support our students who want to make a difference in the community by serving as a clearinghouse for information and opportunities, providing guidance, assisting with logistical issues, and offering training, workshops and seminars to develop leadership and other skills necessary for community engagement. Our mission is to provide our students with opportunities in which to engage with the Bronx community concerns and have an impact on health and social justice issues. Students will learn, share, and nurture the skills needed for their roles as future physicians and compassionate professionals needed to work in our ever expanding communities in the Bronx, across the country and abroad. All members of Einstein CAN Groups are offered opportunities to receive training, attend conferences, workshops and seminars to enhance their leadership, outreach, and community engagement skills.

Contact: Heather Archer Dyer heather.archer-dyer@einsteinmed.org

E-CAN Groups

Aire- promotes the social justice mission of Albert Einstein College of Medicine by serving immigrant populations. We collaborate with Terra Firma, a medical-legal clinic in the Bronx that integrates medical, mental health and legal services for immigrant children.

BODY – Bronx Obesity Diabetes and You — exercise and nutrition with elementary school children in the Bronx; a community garden at the Jack D. Weiler Hospital; and engaging Bronx community leaders through grass-roots outreach to effect educational efforts that can help change attitudes and improve health.

Einstein Buddies — Students work with people with mental and physical disabilities early on in their medical careers. Partnering with Einstein's Children's Evaluation and Rehabilitation Center, a multidisciplinary center targeted at treating and serving children with various disabilities, students will have the opportunity to act as mentor, and help with various occupational therapies.

EiSci –The EiSci High School Mentoring Program focuses on mentoring and exposing Bronx high school students at a young age to careers in science and medicine. Einstein medical and graduate students meet with high school students in a bi-monthly after school program. Consistent mentoring groups are established to foster connections between students in the program and Einstein students.

HEART – HIV Education and Rapid Testing — In partnership with the Adolescent AIDS Program at Montefiore, HEART provides weekly HIV testing at Bronx Community College and Lehman College. HEART also holds bi-weekly STD seminars at Horizon Juvenile Detention Center and offers sex education at neighboring middle and high schools throughout the Bronx. More recently HEART has joined with Project brief at Jacobi Medical Center, where members conduct rapid HIV testing to patients in the Emergency Department and at community pharmacies. HEART members receive training from AAP and Jacobi on HIV testing, peer education, sexual history taking, and sexual health counseling, as well as Point-of-Care certification.

H4H- Hoops for Health works with students at area PAL (Police Athletic League) and with Doctors for a Healthier Bronx. HOOPS exposes the youth community to science and medicine and emphasizes the importance of staying physically active and healthy.

HOPE – Homeless Outreach Project at Einstein — HOPE seeks to provide educational and health resources to the homeless and high- risk populations of the Bronx. By volunteering at the Living Room, a homeless safe haven in Hunts Point, and a syringe-exchange site run by New York Harm Education Educators (NYHRE), members seek to provide resources that are often too inaccessible in these communities.

PACT - Patient Advocate ConnecTion connects medical students with chronically ill patients from the Bronx. Over an 18-month period, students have the opportunity to develop relationships with these patients and serve as their advocates, while also gaining insight into the experiences of patients coping with chronic illness and their interactions with the healthcare system.

SPHERE - Space in Prison for Health Education for Re-Entry provides health education at the Edgecombe correctional facility in Washington Heights. Einstein students in SPHERE collaborate with Social Medicine residents at Montefiore to design and lead health workshops directly relevant those in the criminal justice system, including HIV prevention, Hepatitis C awareness, nutrition, and how to navigate the healthcare system in New York. Ultimately, we aim to be positive health advocates that empower the inmates with knowledge and resources to successfully reintegrate into the healthcare system upon release.

START - Volunteers bring our love of science to the elementary school classrooms of PS89. We do hands-on science modules with first and second graders and work with their teachers to design modules that work with the NYSC Scope and Science curriculum. Participants will come with us to PS89 (a 5-minute drive from Einstein) and participate in hour-long modules every other week. Our goal is to make science fun and easy to understand for all students.

TEACH- We provide experiential education for pediatric inpatients and their siblings, with a multifaceted goal in mind: bonding time, play time and learning time. TEACH aims to transform hospital playrooms into areas of recreation, friendship and discovery in learning.

Other Groups

Jacobi Kids – Jacobi Kids is a Volunteer Program through the Pediatrics Interest Group. Volunteers spend time with patients and their siblings in the pediatrics playroom at Jacobi hospital approximately once per month. The playroom is a nice place where patients can meet other children at Jacobi, and have fun even while they are in the hospital.

Read to Kids - Read to Kids, held in the Weiler NICU, is another initiative by the Pediatrics Interest Group. The goal of the program is to improve interest in reading and increase literacy importance in the community. This also helps to ensure siblings of a patient in the NICU do not experience a stressful time in the NICU for the parents. Also this is a great way to gain an understanding of stresses that parents, doctors, and the clinical team face in the NICU. As a volunteer, you are immensely helping the clinical experience of the family.

REMEDY - The REMEDY program collects usable medical supplies and equipment that would otherwise be discarded from local institutions and donates them to communities in desperate need. Donated supplies are sent with Einstein students, faculty, and staff working abroad to efficiently repurpose the materials, converting hospital overstock into life-saving supplies.

SMART - SMART travels to Pelham Lab high school once a week to provide tutoring support in science and math to help students prepare for the New York standardized regents exams. We believe in building relationships with students in the Bronx community and helping everyone reach their potential.

Einstein Community Health Outreach (ECHO)

About the ECHO Free Clinic

The Einstein Community Health Outreach (ECHO) Free Clinic is an Einstein student-organized free health clinic located at the Walton Clinic in the Morris Heights neighborhood near the South Bronx. The clinic is open to patients every Saturday morning throughout the year. We offer adult routine medical exams, physicals, vaccinations, prescriptions, women's health visits (including gynecology exams and Pap smears), social services, and counseling. Working side-by-side, our physician and student volunteers are able to treat about 25 - 35 patients each weekend

Our Mission

The mission of ECHO is to provide free, high-quality, comprehensive healthcare to the uninsured population in the Bronx and surrounding communities. The ECHO Free Clinic embraces the spirit of volunteerism and service embodied in our health care professional and medical student volunteers.

Our History

In 1999, a handful of students at the Albert Einstein College of Medicine who were concerned about the health care crisis for uninsured Americans decided to launch a free clinic to provide care to uninsured residents of the Bronx. They collaborated with The Institute for Family Health, which operates a network of federally-qualified community health centers (FQHCs) throughout New York State, to launch the Einstein Community Health Outreach (ECHO) Free Clinic. The clinic was the first of its kind in New York City. Staffed by physicians, nurses, patient service representatives, and medical students, the ECHO Free Clinic has continued to provide high quality primary health services to uninsured adults to this day. Each year, more than 400 Einstein students volunteer alongside licensed physicians to receive more than 1000 medical care, health education, and social service visits from uninsured New Yorkers. We have also helped students at other medical schools launch free clinics of their own.



Opportunities to get involved:

The ECHO free clinic is staffed by eight to ten clinical teams each Saturday. Along with attending physicians, clinical teams are composed of either third year medical students on their Family Health clerkship or fourth year volunteers. First and second year medical students volunteer as indispensable pre-clinical staff, without whom the clinic would not function. First year medical students participate in many aspects of the clinic. First year positions include front desk staff, referrals volunteer, labs assistant, patient advocate, HIV counselor, women's health advocate, and research/quality improvement volunteer. ECHO provides pre-clinical volunteers the opportunity to practice essential physician skills such as interviewing patients, taking vital signs, and drawing blood. First year students who speak Spanish can also volunteer as interpreters. Volunteers are also involved in community outreach programs beyond the clinic's walls. Each year, ECHO partners with community groups to engage the community in health education workshops. A team of community outreach volunteers makes regular visits to a local Bronx public school, where they provide health education lessons on a variety of topics. Through these workshops, health fairs, and presentations, ECHO works to raise awareness of healthy lifestyles and improve overall health in the Bronx.

Contact Info:

Website: echoclinic.org

Email: echoprojectdirector@gmail.com

Project Kindness

Project Kindness: Student-Patient Visitation Program

Offering students an opportunity to enter the hospital from the start of medical school and to encounter patients in a non-medical context.

Project Kindness was established jointly with Weiler Hospital, a division of Montefiore Medical Center, and Einstein's University Hospital. Framed specifically around patient visitation, the program is designed to offer medical students a new way to engage with inpatients.

It is a faculty-mentored program that allows unlimited access for Einstein medical students to visit patients at Weiler Hospital. From the minute students walk into medical school (after a training session) they can sign up to make "citizen" visits. This program was created by students for students-with an advisory panel of students active in decision making.

Project Kindness is a prophylactic coat of armor to ensure students keep the passion they walked into real life. It provides students the opportunities to see patients as people with stories and families of their own. One of the most important characteristics of a quality physician is good communicator— Project Kindness visits enable students to hone their communication skills in a no pressure environment.

Benefits of Being a Project Kindness Volunteer

- Opportunities to develop and practice communication skills
- Learn the art of connecting with patients and enabling patients to open up
- Understand the patient experience
- A no pressure environment to meet with patients— no preceptor or critiquing
- Maintain the passion for patients that students brought with them to medical school
- Receive quality advice from actual patients
- A sense of goodwill helping a patient for altruistic reasons

With no time commitment for the students, you can make the program work for you. You fit the visits into your schedule and are able to sign up with just 24 hours notice. The program is all about making it work for the students and for the benefit of the patients.

Our mission is to help medical students nurture their humanistic qualities through a volunteer in-patient visitation program. Project Kindness is an outgrowth of change; it is to rekindle those stars in upper classmen's eyes while keeping those stars shining for lowerclassmen. If you are interested visit our website at www.einsteinprojectkindness.com



GETTING INVOLVED

Einstein has an extensive list of extracurricular activities covering a broad spectrum of clubs, organizations, and interest groups. While your free time as a medical student is at a premium, these activities allow students to better themselves and the community, while also having some fun and connecting with students that have shared interests, especially people in different classes or programs. Events are regularly publicized via email listservs, signs and posters, and postings on the **Einstein Social Calendar**: (<https://go.activecalendar.com/Einstein/>).

During the first week of school, Einstein has a **Club Fair**, where extracurricular groups introduce themselves to the student body. Representatives from many clubs and organizations, usually second-year students that were involved during their first year, have a small station where students can ask questions, collect information and brochures, sign up for emails, activities or raffles, and get some freebies. Additional introductory events throughout the first few weeks of the year are sponsored by different student clubs and interest groups. In the past, these have included barbecues, suturing workshops, and more.



Office of Student Activities

The Office of Student Activities is the go-to department for nearly all things non-academic including orientation, graduation, social events and student-run organizations. Visit the office's website (<https://einsteinmed.org/education/student-affairs/student-activities/>) for a list and pictures of events it helps to put together.

The office currently supports initiatives to improve quality of life at Einstein by offering student passes to Botanical Gardens, Metropolitan Opera, occasional sporting events, and various activities around the city! In addition to assisting clubs and organizing events around campus, the Office of Student Activities works closely with the Student Government and individual students to advocate for non-academic concerns. The office is a good stop for friendly visits and guaranteed chocolate!

Stop by the Office of Student Activities, if you need help deciding on what clubs to join! The office has a list of all student clubs available for you to see. In addition, if you are already a member of a club, Office of Student Activities is where you schedule events, reserve space on campus, and organize funding. All events happening on campus must be booked through this office. To enquire about room or space reservations, you can email student-activities@einsteinmed.org.



Student Government

Students from each major academic program (MD, MSTP, PhD) have the opportunity to take an active role in shaping their education and experience at Einstein through involvement in student government. As such, there are three student councils:

- Medical Student Council (MDSC)**
- MSTP Student Council (MSC)**
- Graduate Student Council (GSC)**

There is also a central **Student Governing Board (SGB)** comprised of representatives from each of the three councils. The board serves as a liaison between the entire student body and administrators, thereby facilitating communication between the two. Additionally, SGB provides oversight and allocates funds to all organized student clubs and professional interest groups at Einstein.

Early in the school year the current student government will organize elections for the first year class. For MD students, all positions are four-year terms though most of the involvement is during the first and second years. Descriptions of the government positions that students can run for will be provided as nomination and election dates approach. Before elections, the MS2 representatives act in the interests of both classes, so make sure to learn who the upperclassmen representatives are so you can go them with any questions or concerns about issues occurring on campus.



Michael Eacobacci
Class Representative
2024



Cam Smith
Class Representative
2024



Max Abramson
Senator for Student Affairs
2024



Grace Murphy
Senator for Student Affairs
2024



Sruthi Kodali
Senator for Advancement
2024



Willa Gutfreund
Senator for MedEd
2024



Shira Weinberg
Senator for MedEd
2024



Daniel Jacobs
Wellmed Representative
2024



Isah Punn
Wellmed Representative
2024

IN THE NEIGHBORHOOD

Banking

There are several full service banks within a ten-minute walk of campus. Citibank is on the corner of Morris Park and Williamsbridge near the local post office, a CVS and several restaurants. ATMs are located in the 1925-1935 lobby and on the first floor of Forchheimer just past the building entrance, both with a \$1.00 surcharge for any withdrawal.

Chase

1068 Morris Park Ave, Bronx,
NY 10461

(718) 824-3000

<https://www.chase.com>

Citibank

1800 Williamsbridge Rd
Bronx, NY 10461

800-627-3999

<http://www.citibank.com>

TD Bank

1864 Williamsbridge Rd
Bronx, NY 10461

718-409-1268

<http://www.tdbank.com>

Parking

A parking garage is located beneath the apartment buildings and parking spots are available for \$90 per month. The garage is accessible 24 hours a day.

There is also street parking available along Eastchester Road and Morris Park Avenue, but spots are hard to come by during normal business hours. Alternate street parking rules only pertain to spots on Eastchester Road and only apply on Wednesday mornings.

Tolls (E-ZPass)

Having an E-ZPass will save you both time and money. Getting one is simple, requiring only online registration. When you get to New York, be sure to join at www.ezpassny.com or your respective state.

Zipcar

There is a Zipcar location on Eastchester Road between Loomis Street and Morris Park Ave. Visit the website at <http://www.zipcar.com> for more information and to register. Remember to use the Albert Einstein College of Medicine discount.

Department of Motor Vehicles

<http://www.nydmv.state.ny.us>

Bronx

696 East Fordham Road
Bronx, New York 10458
718-966-6155

No original license, permit or non-driver photo ID transactions

Bronx Licensing Center

1350 Commerce Avenue
Bronx NY 10461
718-966-6155

Service for license or non-driver ID only.

Gas Stations

BP

1500 Williamsbridge Road
Bronx, NY 10461
718-822-1760

Shell

2100 Williamsbridge Road
Bronx, NY 10461
718-822-8925

Exxon

2400 E. Tremont
Bronx, NY 10461
718-430-1084

Mobil

2090 Bronxdale Ave
Bronx, NY 10462
718-828-4500

Car Care

Pelham Car Wash and Auto

1826 Eastchester Rd
Bronx, NY 10461
718-904-0303

The car wash is open 24/7 and is ½ price (exterior wash only) from 7 pm to 7 am. Complimentary car wash included with oil changes.

Pep Boys

2633 E. Tremont Ave
Bronx, NY 10461
718-822-4949

This large chain offers both automotive parts and basic service. Open 8am-8pm.

Budget Muffler & Breaks Center

1870 Eastchester Road
Bronx, NY 10461
718-828-4113

Conveniently located diagonally across from the housing complex. Wide variety of services including state inspections.

Furniture

Einstein COM Marketplace

<https://www.facebook.com/groups/1521985361456541/>

Einstein COM Marketplace is an inexpensive way to acquire furniture, textbooks and other household goods. As students are constantly moving in and out of apartments, you can constantly find good deals.

Before buying furniture from a large chain, consider browsing the Marketplace group, as it is a great way to save money and reuse furniture rather than send it to the landfill. Some students are known to peruse the Marketplace year-round hunting for their dream deal.

Target

Target offers reasonably priced furniture or anything else you might need for your apartment. Order online or drive to either of the nearby shops.

Target

815 E Hutchinson River Pkwy
Bronx, NY 10465
Hours: 8AM — 11 PM
718-536-2689

Target

500 E Sandford Blvd
Mt Vernon, NY 10550
Hours: 8 AM — 12 AM
914-530-3000



Sleepy's

Sleepy's is a large chain with many showrooms along the East Coast.

Sleepy's Parkchester

1400 East Ave
Bronx, NY 10462

Ikea

<http://www.ikea.com>

The Swedish furniture company makes everything to furnish your apartment and all you need is some basic tools. Furniture is affordable and of decent quality and can be delivered to campus.

Ikea Brooklyn

1 Beard Street
Brooklyn, NY 11231

Ikea Paramus

100 IKEA Dr.
Paramus, NJ 07652

Ikea Elizabeth

1000 Ikea Drive
Elizabeth, NJ 07201

Ikea Hicksville (Long Island)

1100 Broadway Mall
Hicksville, NY 11801



Photo by Julia Manzerova

Supermarkets

Stop & Shop

1720 Eastchester Road
Bronx, NY 10461
(718) 823-6068

Trader Joe's

1260 Boston Post Road
Larchmont, NY 10538
(914) 833-9110

Whole Foods Harlem

100 W. 125 St.
New York, NY 10027

BJ's Wholesale Club

825 Pelham Parkway
Pelham, NY 10803
(914) 632-1547

<http://www.bjs.com>

Fairway

847 Pelham Parkway
Pelham Manor, NY 10803
(914) 712-0011

Whole Foods Yonkers

1 Ridge Hill Blvd
Yonkers, NY 10710
(914) 378-8090

Membership is required and starts at \$50/year.



Healthcare

Emergency

If you have an emergency, the Jacobi and Weiler ERs are down the street in either direction. If you need urgent help, ask a security officer in your building or call 911.

Urgent Care Services

Montefiore Medical Group has an urgent care facility that accepts Einstein student health insurance. When you need more than a first aid kit, but less than an emergency room, Montefiore Urgent Care provides high quality care for nonlife threatening illness or injuries. Montefiore Urgent Care is open 7 days a week, including most holidays, and provides prompt medical attention.

Montefiore Urgent Care

2300 Westchester Avenue
Bronx, New York 10462
718-409-8888

Finding a physician

All students can go to the [student health services](#), which has designated walk-in hours, and can be referred to physicians within the Einstein/Montefiore Health network.

Appointments can also be made by calling:

Montefiore Medical Center

866-633-8255

Hours: 8:30 AM and 5:00PM M-F

Identify yourself as an Einstein Med student or Grad student and every attempt will be made to see you in an expedited fashion.

Occupational Health Service

The Einstein Occupational Health Services provides Einstein employees and students with services relating to their occupational health needs. Anyone who sustains an occupational exposure may call Einstein OHS during hours of operation for information on postexposure procedures. If the exposure occurs after hours, go to the nearest emergency room and contact the OHS during the next working day. Students or employees that sustain an occupational exposure after hours should contact the 24/7 Exposure Hotline at (347) 380-0049 for post exposure procedures and evaluations when necessary. The back-up number is (917) 729-0438.

Occupational Health Services

Block Building

Room 219

718-430-3141

Einstein Student Health Service

The health service is available to all Einstein medical and graduate students for sick call visits and post-exposure consultations. Walk in hours for a sick call visit are from 12PM-4PM Monday-Friday.

Einstein Student Health Service

Block Building

Room 220

718-430-3295

Student Mental Health Center

The Einstein Student Mental Health Center provides a safe place for students to seek help when and if it is needed. All insurances are accepted and no co-pay is required.

Student Mental Health Center

Van Etten Building

Room 4B37

718-839-7400

joseph.battaglia@einsteinmed.org

Laundry, Dry-Cleaning, and Tailoring

The Low (Eastchester) Housing buildings each have their own laundry facilities in the basement or on the first floor. Washing cycles take about 38 minutes and cost \$1.25 per load, and dryers cost \$1.25 for 45 minutes with the option of paying for additional 5-minute increments. Note that this option is only available while the machine is still running. The machines accept payment with "Smartcards" that you receive upon moving in and refilled in each laundry room after online code purchasing.

There are several dry cleaners on Morris Park Avenue. The closest is Aurings Dry Cleaners. Other dry cleaners can be found further down Morris Park.

Auring's Dry Cleaners

1129 Morris Park Ave
Bronx, NY 10461
718-824-5502.

Movie Theaters

AMC Bay Plaza Cinemas

2210 Bartow Ave.
Bronx, NY 10475
718-320-1659

Regal New Roc Stadium & IMAX

33 Le Count Place
New Rochelle, NY 10801
844-462-7342 ext.27

Drug Stores

CVS

1916 Williamsbridge Road
Bronx, NY 10461
718-239-7569
24-Hour Pharmacy

Rite Aid

2748 East Tremont Ave
Bronx, NY 10461
718-829-6808

Walgreens

1820 Williamsbridge Rd
Bronx, NY 10461
718-319-8356

Haircuts

Local

There are a many "unisex" inexpensive haircutting salons in the neighborhood. Unfortunately, they go in and out of business too often to list them here by name.

Check with current students for current barber shops and salons in the area. There are several others on Williamsbridge approaching Pelham Parkway from Morris Park. Prices vary so shopping around might save you a couple of bucks.

Manhattan

Astor Place Hairstylist, Inc.

2 Astor Place (just off Broadway)
212-475-9854

Dramatics

www.dramaticsnyc.com
Locations throughout the city

Mud Honey

148 Sullivan St
New York, NY 10012
212-533-1160

Miwa Alex

24 E 22nd St
212-228-4422

Liquor Stores

Supermarkets sell beer but hard liquor and wine can only be purchased at liquor stores. Some liquor stores may be closed on Sundays. Discount beer can be purchased at the Gun Hill Beer Distributor (go north on Eastchester Rd and turn right at Gun Hill Road) where they sell both kegs and cases.

True wine connoisseurs will find greater selections and better prices in Brooklyn and Manhattan. Popular stores include P J Liquor Warehouse in Manhattan at 4898 Broadway and Red, White and Bubbly in Brooklyn at 211 5th AVE

Liquor Warehouse

Next to Stop & Shop on Eastchester Road. Excellent prices and kosher wine

Surin Discount Liquor

2444 Eastchester Road
718-655-8797

Williamsbridge Wine and Liquor

2011 Williamsbridge Road
(near Carvel)
718-828-4560

Quick Eats —On Campus

The places listed below are recommended by students for a quick, local bite.

Main Street Cafe

Einstein's own Kosher cafe (no meat-dairy combos, i.e. no cheeseburgers) has a salad bar, pre-made sandwiches, soup and a couple of hot meal options each day. Menus are updated regularly. (breakfast & lunch only, open until 5:30 PM)

Weiler Hospital Cafeteria (4th floor of the hospital)

Kosher with dairy meals on Wednesdays. More extensive options than the Main-street Cafe.

Food trucks and Au Bon Pain

If you opt for the quick-pick-me-up type meals, there are also several food trucks such as the halal truck in front of Weiler and Jacobi. Additionally, there is also an Au Bon Pain in the Jacobi basement where students can purchase coffee, breads, sandwiches, soups, and pastries—a great sugary pick-me-up.

Vending Machines

If you are in the library studying and you really need something to hold you over until dinner, the vending machines just behind the Main Street Cafe on the ground floor of Forchheimer just might hit the spot. There you will find a hot drinks machine, a standard snacks machine, and a real food machine with muffins, yogurts, and cereals among other things.

Einstein Student Café

If you get hungry between 4:30pm and 10:30pm (Mon-Thur), you can visit the Einstein Café, run exclusively by students, in the Max and Sadie Lounge. They have recently revamped their menu and offer different types of Italian foods & salads. Check it out for weekly menu changes!

Quick Eats —Off Campus

Breakfast and Coffee

Liberty Coffee and Donut Shop is a hole-in-the-wall spot on the corner of Williamsbridge and Lydig Ave that serves a variety of breakfast and lunch items.

There is a newly opened **Dunkin Donuts** across the street from the 1925 housing building that also serves Baskin Robbins ice cream & associated cakes.

There is a **Starbucks** at 1728 Eastchester Rd, right next to Stop & Shop a short walk from campus. A new Starbucks is open next to the DD and includes a drive through with café seating.

For your all-out breakfast, take the Hutch north to the Boston Rd exit south for **IHOP** or walk down Morris Park Ave. to the **Golden Eagle Restaurant & Diner** (great breakfast & hangover meals).

Delis

The highly recommended **Ann Clair's** (up Morris Park just past Williamsbridge on the left, 718-409-1171) has great bread and good meats and cheeses.

Hardware Stores

New Eljam Products

2925 E. Tremont Ave.
(718) 792-8800

A reasonably priced lumber-only store that will help you plan a do-it-yourself bookcase and will cut boards to size as per your request.

Home Depot

1806 E. Gun Hill Road
(past A&P supermarket)

Van Nest Hardware, Inc.

669 Morris Park Ave.
718-829-2338

Jampol Hardware & Supply

678 Morris Park Avenue
718-829-0866

Monte Market Grab & Go on Eastchester across from Weiler is also a frequent spot. They have a huge selection of deli sandwiches and a nice hot bar for lunch.

Scaglione (718) 892- 1736 is a little further up on Morris Park, but their Cuban sandwich is worth the extra 2 minute walk. Also, this mom-and-pop gem has an in-store bakery!

M&R Deli (corner of Morris Park and Tenbroeck Ave across from the Jacobi bus stop) is a regular favorite and sandwich staple. It is also one of the few spots open on Sundays.

In The Neighborhood

Mexican

Try **Estrellita Poblano IV**, (45 Westchester Sq., (718) 239- 8290) for delicious Mexican. Get your Mexican food fix delivered until midnight or take a 10-15 minute walk to the actual restaurant.

Taqueria Tlaxcalli (2103 Starling Ave, Bronx, NY 10462 (347) 851-3085) is known throughout NYC and beyond for its authentic fare and award winning burritos.

Pizza

Gigi's Pizza (across from campus at 2020 Eastchester Rd 718-684-4918) and **Emilio's Pizza** (at 1051 Morris Park, 718-822-6758) and **Sorrento's Pizzeria** (2004 Williamsbridge Road, 718-828-7810), voted best pizza in the Bronx, are two great options a few steps farther from campus.

Italian

Good 2 Go is another favorite for lunch, dinner, and drinks located right across campus at 1894 Eastchester Rd. And don't forget to check out happy hour from 5-7!

Fast food

McDonald's is at 1 Eastchester Rd.

Dunkin Donuts is across the street from the apartments at 1 Eastchester Rd.

Halal Cart is outside of the Weiler ER.

Kosher

There are numerous kosher restaurants in Riverdale and New Rochelle. Carlos and Gabby's is a delicious local spot in the Bronx.

Thai

Tana Thai across from the apartments (1890 Eastchester Rd (718) 684-1900) offers fast Thai for carry out or delivery.

Honey's Thai Pavillion also offers Thai and Chinese food at reasonable prices. (718-792-2803, 3036 Westchester Ave)

Chinese

Several frequented Chinese restaurants are **Mr. Q's Gourmet Chinese Restaurant** (2115 Williamsbridge, 718-823-2424), **China Pavilion** (2102 Eastchester Rd 718-828-3841) and **Hong Kong** (1811 Williamsbridge Rd 718-409-6100).

There are many that aren't listed here, but you will likely find their menus around housing.

American

Applebee's (1776 Eastchester Rd) behind the Residence Inn is a great place to grab a drink and watch the game.

Upscale Restaurants

Pine Bar & Grill is a reliable favorite close by for your more upscale needs. It is within walking distance and has a refreshing rooftop terrace and a good happy hour.

Patricia's at 1082 Morris Park, (718) 409-9069, is the most upscale restaurant close to campus. The food is great, the prices reasonable and they have a large full bar. Delivery is also possible.

If you're looking for a great Italian meal and want to get to know the local neighborhoods, visit **Arthur Avenue** – the "Little Italy" of the Bronx. It's just 5 miles away off of East 180th Street and easy to get to via the Bx12 running west along Pelham Parkway.

Mario's is great (2342 Arthur Ave, 718-584-1188), as is **Dominick's** (2335 Arthur Ave, 718-733-2807). The latter is cash only so plan ahead.

Zero Otto Nove (2357 Arthur Ave, (718) 220-1027) is another favorite, with delicious food and a date-worthy ambience.

Another great food spot a bit farther from campus is City Island. Catch the Bx29 on Pelham Parkway and check out this gem, reminiscent of a New England fishing village.

Eat at **Lobster Box** (34 City Island Ave, 718-885-1952) or **Le Refuge Inn** (620 City Island Ave, 718-885-2478) or any of the other restaurants on the main strip. Make a day trip out of it!

Ice Cream

Local ice cream options include **Carvel** on Williamsbridge Road, just across from Sorrento's Pizzeria or **Baskin Robbins** in the same building as the Dunkin Donuts across from the apartments on Eastchester.

Pastries

There are many bakeries around. A good one is **Enrico's Pastry Shop** (1057 Morris Park, 718-823-7207) and **Morris Park Bake Shop** (1007 Morris Park, 718-892-4968).

Further up Morris Park past Bronxdale you will find **Conti's Bakery**. Conti's is an old-fashioned parlor style bakeshop founded in the 1920's, known extensively for its infamous Boston cream pie.

Colombian

La Masa (1000 Morris Park Ave, 718-822-8400) is a great spot for empanadas and other Colombian Fare. They are often featured in the Student Café

TRANSPORTATION

NYC is one in one of the most heavily trafficked areas in the world. It can be overwhelming, frustrating, and sometimes scary if you aren't prepared, but manageable with some key resources that include simply knowing what you're up against. Please consider this seriously, plan ahead and take necessary precautions. Taking this approach you are sure to stay efficient and optimize your transportation experience.

Public Transportation

The MTA provides the buses and trains that serve as public transportation in NYC and some surrounding areas. Although coins can be used to pay for all buses, the MetroCard is the preferred method for payment as it may be used for subways, may be used for multiple fares and carries up to four transfers (from bus to bus, Subway to bus, or bus to Subway), an option not available when using coins, not to mention that it spares the need to keep heavy change on hand.



MetroCards function like debit cards. You can buy and refill them at all subway stations. They may also be purchased in a number of stores, including the Checks Cashed store just up Morris Park Ave by Best Bagel. When purchasing a MetroCard anyplace other than an MTA vending machine, make sure it is wrapped and sealed in a transparent plastic that is labeled with the prepaid card value. It costs one dollar for a new MetroCard.

Unlimited weekly, monthly, and Express Bus MetroCards are also available for purchase and mostly used by commuter students. Fare prices tend to increase in small increments every couple of years. As of May 2017, one MTA Subway or bus fare is \$2.75 and includes one free transfers within two hours when using a MetroCard, one Express Bus fare is \$6.50. At Einstein you can buy a MetroCard in the convenience store with the yellow awning across the street on Eastchester Road (Star Deli).

MTA Smartphone Apps (Free)

Those with smartphones are encouraged to download free transportation apps including Transit for MTA bus and Subway maps and schedules, and Einstein Bus for specific Einstein transportation maps and schedules.

MetroCard Standard Usage

With a MetroCard, you receive one free transfer from subway to bus, bus to subway, or bus to bus within two hours of the start of your first ride (when transferring from subway or city bus to the express bus, your transfer is worth \$3.50 off the regular \$6.50 fare). To transfer, simply insert the MetroCard as you would to pay the regular fare.

Multiple People on One Metro Card

To pay for more than one person on the same MetroCard, dip/slide the MetroCard once for each person on the first ride, and then dip/slide it a single time for everyone when you transfer. Note that you cannot use the free transfer for a round trip or to switch between buses that run along the same line. Also note that when used for multiple riders, one card will only hold four transfers. Larger groups are therefore advised to have at least one card for every four riders.

Easy Pay Xpress Pay-Per Ride MetroCard

With this special MetroCard, you never have to worry about your card expiring or running out of funds. The card can be used for regular and Express MTA busses as well as the Subway. Consumers link this card with a credit card and refill it at their convenience with a 5% bonus added with each payment. Finally, the card can be set to automatically refill when the balance dips too low. Just go online to order the card from MTA and it will be mailed to you within a couple of weeks.

HOW DO I GET TO...?



Photo by Lucas Man

The Hospitals

Walking Distance

(Weiler, Van Etten, Jacobi Medical Center, Calvary Hospital, Montefiore Medical Park)

Einstein has many affiliate hospitals, some of which are in walking distance. Weiler (Einstein Hospital) is located on Eastchester Road, right behind the Forchheimer building. Van Etten is across Morris Park Avenue (behind the Price Building), and Jacobi Medical Center is behind that on Pelham Parkway. You cannot miss it.

When walking away from Pelham Parkway toward Starbucks and Stop & Shop on Eastchester Road, Calvary Hospital is on your left. Continuing past the Stop & Shop and taking the first left, Bronx State Psychiatric will be on your left. Continuing on Eastchester instead of turning after Stop & Shop, you will see a “green glass building” which is Montefiore Medical Park further down Eastchester on your right.

Shuttle and Taxi

(Montefiore, LIJ-Northwell Health, North Central Bronx, Bronx Lebanon)

The Einstein shuttles are recommended for transportation to Montefiore, LIJ, or North Central Bronx. The shuttles stop in front of the Belfer Building and schedules are available at the security desks in both the Forchheimer and Belfer buildings. For more complete shuttle information visit:

<https://einsteinmed.org/intranet/transportation/>

Alternatively, if you need transportation outside of shuttle hours or to a different clinic, you can call the Einstein Security Office at (718) 430-2180 and they will call Vital cab company for an immediate or scheduled pick up. Cabs are for official business and need to be pre-approved.

Transportation Tips

- ◇ Uber, Juno, and Lyft are great alternatives to yellow cabs. Check out their apps
- ◇ Check the MTA's homepage before heading out to confirm that trains and buses are running on their normal schedules, especially on weekends and holidays, and if your travel plans include very early morning or late night hours.
- ◇ Buy a MetroCard and refill your card regularly. Once in the station, you can transfer from one Subway to another as many times as you'd like, and with busses have two hours of unlimited transfers, but both require a MetroCard.
- ◇ Green globes outside a subway entrance mean the entrance is open 24 hours a day; red globes mean the entrance is sometimes closed.
- ◇ To ride the bus, use your MetroCard or exact change (currently \$2.75, no pennies or dollar bills) and place into the fare box.
- ◇ If you are paying with coins on the bus, ask the driver for a transfer when you board the bus.
- ◇ The best apps for navigation around the city are CityMapper, Transit, Google Maps, and MTA. Make sure to also download a pdf of the MTA, because there is no reception underground (here is a link).

Manhattan

Manhattan is huge and can be confusing, so having a map handy is helpful. Those with smart phones are encouraged to download the NYC Mate app or Google Maps. Once downloaded, the app can be used even when service is limited. Subway.

The East Side

The BxM10 express bus stops at the Bx21 stop on Morris Park. The BxM10 stops in Manhattan along the east side. Keep in mind that this bus stops running past midnight, generally runs less frequently than does the regular busses, and that bus fare is \$6.50.

The Bx21 stops at the corner of Morris Park and Seminole Ave and has a stop at the E 180th Street Station. There you can hop on the 2 or the 5 trains to Manhattan. Take the 5 train, which runs along the city's east side.

Taking the Bx21 OR Bx31 in the other direction, you can get off at Westchester Square and from there, take the 6 train downtown for local east side service. At the 125th Street Subway station you can transfer to the 4 or 5 trains for express service.

The Pelham Parkway Subway station is a 10-15 minute walk from campus. Walk on Pelham Parkway toward Williamsbridge and White Plains Roads on the right side of the street. At this station you can get the 5 train.

Travel time will depend on your particular destination and varies with time of day. Rush hour travel is crowded, but also faster. Getting to downtown Manhattan usually takes between 40-60 minutes.

Bay Plaza

(Large Shopping Center in Co-Op City)

Take the Bx12 Limited east on Pelham Parkway. This will take you to Co-Op City and the Bay Plaza shopping center. Note that Bx12 eastbound service extends to Orchard Beach during the summertime.

For service to Fordham Center, Fordham University, the Bronx Zoo and Little Italy on Arthur Ave, take the Bx12 westbound.

The West Side

The Bx21 stops corner of Morris Park and Seminole Ave and has a stop at the E 180th Street Station. There you can hop on the 2 or 5 trains to Manhattan. Take the 2 train, which runs along the west side.

The following two alternative routes are utilized as a last resort option, as when 2 trains are out of service, since they are time consuming and require more than one transfer:

1. Take the Bx31 to Westchester Square, then the 6 train to 125th street. From there:
 - a) Either catch the M60 bus to the 1/2/3 or A/B/C/D Subway lines.
 - b) Or transfer to the uptown 4 train to Yankee Stadium, and there catch the downtown D train.
2. Take the Bx21 to E180th Street, then take the 5 train to the east side and once there take a cross town bus.

For more info on cross town busses, consult with the MTA website or phone app.

Flushing

Take the Bx12 Bus from Eastchester Rd. to Pelham Bay Park one of the 6 train terminals. Transfer to the QBx1 bus which will take you across the White Stone Bridge and all the way to Main Street in Flushing, Queens.

Airports

You can take a shuttle service, taxi, MTA public transportation, or drive to all NYC airports. Besides MTA (\$2.75 to LGA in about an hour and \$7 to JFK in about 1.5 hours), National Mountain Line Inc. (718-884-9400) is likely the cheapest shuttle service at about \$25 each way. You must call at least one day in advance to schedule a pick-up. Plaza Cab (718) TU1-1111 is another option and charges about \$45 to La Guardia and \$55 to JFK.

CAMPUS DIRECTORY

Admissions, Noreen Kerrigan.....	430-2106
Book Service.....	430-2922
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Assistant Dean for Faculty Development, Christina M Coyle, MD.....	430-3525 (Ext:4372)
Director of Student Activities, Jessica Lucas,	430-2101
Senior Advisor for Students, Stephen G. Baum, MD.....	430-3060
Associate Dean for Student Affairs, Allison B. Ludwig, MD.....	430-3060
Senior Associate Dean for Medical Education, Joshua D. Nosanchuk, MD.....	430-3371
Assistant Dean for Student Affairs, Mimoza Meholli, MD.....	430-3717
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Associate Dean for Diversity Enhancement, Irene Blanco, MD.....	430-3091
Manager of Educational Informatics, Delwar Chowdhury, MS.....	430-3362
Manager of Falk Recreation Center, Andrew Adham.....	430-4298
Student Finance, Damien Jackson.....	862-1810
Institutional Loan Officer/Financial Aid Advisor, Camille Cullen.....	862-1810
General Information.....	430-2000
Gottesman Library, Racheline G. Habousha, M.S.L.S.....	430-3111
Library.....	430-3104
Housing Office, Dennis Renton.....	430-3552
Jacobi Hospital General Info.....	918-5000
Food Services for Lubin Hall, James Cohen.....	430-2131
Mailroom.....	430-2298
Parking Garage.....	430-7021
Registrar, Hayley Erickson.....	430-2102
Security, Forchemier Lobby.....	430-2019
Security1925/35 Lobby.....	430-3066
Security, Rhinelander Lobby.....	430-3375
Chief of Security and Transportation, Neil Kaplan.....	430-2180
Office of Academic Support and Counseling, Mary S. Kelly, PhD.....	430-3154
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