APRIL 2011

THE FORUM

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Indo-American Psychiatric Association



President's Message

This will be my last column as your President. I have truly enjoyed serving IAPA and its members across the past two years. Our work over this time would not have been possible without the support of the IAPA Executive Committee (EC). I am particularly grateful to Rudra Prakash (IAPA President-elect), Vani Rao (Secretary), Geetha Jayaram (Treasurer), Pramit Rastogi (ECP Rep), Ashwin Patkar (councilor), Surinder Nand (past President), and Nalini Juthani (BOT Chair).

We are very happy that one of IAPA's lifetime members, Dilip Jeste, was elected by a wide margin to be Presidentelect of the American Psychiatric Association for the coming year. This is truly an historic moment, and Dilip makes IAPA very proud. I hope his election encourages other IAPA members to run for district, state, and national positions within APA in the future.

We had two very productive EC meetings across the past two years, taking place in October, 2010, and April, 2011. EC has been evaluating ways to maintain IAPA's healthy fiscal situation given the loss of traditional financial support structures. IAPA represents and reaches out to a cohesive group of about 7,000 psychiatrists which constitutes fully 10% of all practicing psychiatrists, and writes 18% of psychotropic prescriptions. We need to utilize our strength to make sure IAPA retains its ability to support its members and the communities that its members serve. We are looking at the possibility of working with marketing and strategy consultants to help us realize our true potential in this regard. Even so, IAPA achieved financial breakeven last year, and we maintain a healthy bank balance.

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In October 2010, IAPA met in Philadelphia with current APA President-elect, John Oldham, where he presented on DSM-V and personality disorders to our tri-state chapter members. That same day, IAPA arranged a meeting between Dr. Oldham and local residents and fellows. In January 2011, Anand Pandurangi and Meera Narsimhan successfully led psychiatry delegates at the inaugural meeting of the Global Association of Physicians of Indian Origin (GAPIO) in New Delhi. Many IAPA members also attended the 2nd Annual IGPI meeting before ANCIPS 2011, where Sanjay Dube and Ashwin Patkar arranged a very well-attended educational program. Speakers at ANCIPS included Rudra Prakash, Meera Narsimhan, Matchery Keshavan, Mohit Chopra, Anand Pandurangi, Ashwin Patkar, and myself. In July 2010, IAPA members Asha Mishra, Radhika Sriram, and I gave CME presentations at the AAPI Annual meeting in Washington, DC.

IAPA is very interested in enhancing our relationship with the Indian Psychiatric Society, and has forged new connections with that community. We are exploring the opportunity to get involved with CME activities in India that would be of mutual benefit to members of IAPA and Indian psychiatrists and have had preliminary discussions with CME companies in India in this regard.

IAPA's strength is in its grassroots support, and core functions take place at the local chapter level. Our national office and office bearers are ready to help local chapters be more active and involved in their communities. The Georgia Chapter has been particularly energetic in engaging their community, earning the Chapter of the Year Award.

We look forward to seeing you at IAPA's Annual Meeting in Honolulu, Hawaii on Sunday, May 15th. Iqbal Ahmed has done an outstanding job organizing the Meeting, and Vani Rao and Rudra Prakash have arranged for a great Scientific Program starting at I:00pm. There will be six posters by ECP of IAPA, illustrating how involved the younger generation has been; we are very proud of their efforts, and hope to see it continue in the future. Cocktails begin at 6:30pm, followed by an award ceremony, business meeting, and a sumptuous Indian dinner.

As I leave the IAPA Presidency, I want to assure you that the organization is in good hands under the leadership of Rudra Prakash. Thank you again for allowing me to serve you and IAPA across the past two years.

Sincerely,



Shivkumar Hatti

Nominating Committee Report

Under the leadership of Surinder Nand (Immediate Past President), the Nominating Committee has forwarded the following slate of officers for the General Membership Meeting to consider. Election will take place on May 15th, 2011 at our Annual Meeting. If you have any questions, please contact surindernand@hotmail.com.

President – Rudra Prakash
President-Elect – Vani Rao
Secretary – Geetha Jayaram
Treasurer – Ashwin Patkar

Meera Narasimhan, MD is a Professor of Psychiatry and the Interim Chairman in the Department of Neuropsychiatry and Behavioral Sciences at the University of South Carolina School of Medicine. She serves as the Director of Research and Scientific Initiatives for the South Carolina Department of Mental Health. She is on faculty at the Medical University of South Carolina, Charleston. She completed her residency in psychiatry at Yale University Department of Psychiatry and went on to complete a fellowship in psychopharmacology at Yale. Dr. Narasimhan attended medical school at the Gandhi Medical College in Bhopal, India. Dr. Narasimhan's scientific career has focused on clinical, health policy community service provider both at Yale and more recently over the past 6 years at USC-SOM. One of her foremost accomplishment at the USC-SOM has been starting a highly productive research division with an outstanding track record of successfully procuring grant funding within a very short time frame. She serves as an investigator on the Clinical Translational Science Award awarded to MUSC and USC. Dr. funded research grants to help understand the neurobiology and novel pharmacological interventions in mood disorders, dual diagnosis and the interface of medical and psychiatric illness. She is NIMH and NIDA funded on projects involving telehealth and exercise as an intervention in substance use disorders.



Meera Narasimhan M.D.

Outstanding <u>Academician</u> Award

Dr. Narasimhan is widely published in scientific peer reviewed journals and has been the recipient of many awards for teaching, services and research including the Paul E. Kaunitz award for excellence in the interface between medicine and psychiatry at Yale University, Laura B. Temple award for outstanding contribution towards patients and their families from the Department of Mental Health, Teacher of the Year and the Chairman's Award for outstanding contributions to medical student education and residency training at USC-SOM, the Nancy Roeske Award from the American in medical student education. She was awarded the South Carolina psychiatrist of the year award by the National Alliance on Mental Illness and the Research Advancement Award in 2006 and 2008, from University of South Carolina School of Medicine. Her research team was the recipient of the "Heroes in the Fight Award" from Mental Health America in 2008. Dr. Narasimhan is a Distinguished Fellow of the She recently received the Humanitarian Award by the American Tamil Medical

Association of the Carolinas.

Dr. Narasimhan serves on the Board of Directors of the American Foundation of Suicide Prevention, SC Chapter. She is an examiner for the American Board of Psychiatry and Neurology. She served as a Councilor on the executive committee of the Indo American Psychiatric Association. She has Cochaired the summit organized by the Global Association of Physicians of Indian origin (Mental Health section) as an IAPA member over the past two years in New Delhi and has worked collaboratively with Indian counterparts on integrated clinics incorporating psychiatry into presented at over 110 National and International meetings. She has been featured on National Public Radio, national and international newspapers for her work in mental health. Dr. Narasimhan is a Co Principal Investigator for the International Academic Partnership Program awarded by the International Institute of Education to the University of South Carolina in 2010 to establish linkages with institutions in India, with a focus on public health, engineering and environmental sciences.

Antony Fernandez, M.D. and Radhika Sriram, M.D Outstanding Service Award





Our Association gratefully recognizes their outstanding service as the Co-Editors of our FORUM from 2005 to 2009.



Dr. Antony Fernandez and Dr. Radhika Sriram worked hard to bring professionalism to our organization's newsletter. They brought relevant information to our members in a timely manner, solicited information from various chapters, and highlighted our annual conventions and awardees by superb news briefs and bios. They also started highlighting all presentations at the APA by our members in an easy to read spreadsheet. Usually, the President chooses the editors for his or her term. They served as Co-Editors during Dr. Asha Mishra's term as the President, IAPA. As they had done such a good job that Dr. Mishra's successor — Dr. Surinder Nand — asked them to continue, and they accepted very graciously.

Dr. Bhagirathy Sahasranaman is Medical Director at Henderson Mental Health Center, a not-for-profit organization, which is the oldest and largest behavioral healthcare provider in Broward County, Florida providing services to about 20,000 individuals annually, a third of whom are children. Dr. Sahasranaman completed her medical education at VSS Medical College in Orissa, India in 1981 and a general psychiatry residency at University of Health Sciences/The Chicago Medical School in Chicago, Illinois in 1986. She then completed the Fellowship in Child and Adolescent Psychiatry at University of Miami/Jackson Memorial Hospital in 1988. She is board certified in Adult Psychiatry and Child and Adolescent Psychiatry. She holds a faculty position in the Department of Psychiatry of Nova Southeastern University College of Osteopathic Medicine as Clinical Assistant Professor and coordinates the clerkship for third and fourth year medical students. She also holds a faculty position as Clinical Assistant Professor in the Department of Psychiatry at the Herbert Wertheim College of Medicine at Florida International University.

Bhagirathy Sahasranaman MD

Exemplary Public Sector Psychiatrist Award



Each year, Dr. Sahasranaman conducts workshops and lectures for mental health professionals at Henderson Mental Health Center on topics including use of DSM-IV, and Psychopharmacology. She also provides training on 'Psychopharmacology in Children' to child welfare workers and foster parents in Broward County. This training is mandated by "Child Net", the agency that manages the child welfare system in Broward County, Florida. She has also provided other trainings, such as for emergency room physicians on Florida's Baker Act (involuntary psychiatric hospitalization), training to police officers in Broward County who are being trained in crisis intervention techniques, training to professionals in the Drug Court program, presentations in consumer conferences organized by NAMI Broward County and Broward County Mental Health Association etc. Her presentation and panel on "Child Abuse and Neglect" at the 28th International Congress on Law and Mental Health, in Sydney, Australia, in September 2003 was very well received.

Dr. Sahasranaman is a Distinguished Fellow of the American Psychiatric Association and is involved actively with the district branch of the APA. Her contributions towards the development of legislation in the state protecting children from being prescribed excessive psychotropic medications were significant. She has also advocated for the mentally ill for parity and against psychologist prescribing privileges. For her efforts she was nominated for office in the Florida Psychiatric Society. She is also a recipient of the "TIMES" (targeting individuals for meritorious and exemplary service) Award, presented to her by NAMI, Broward County, Florida.



Dilip V. Jeste, M.D.

President's Special Recognition Award

Dilip V. Jeste, M.D. is Estelle and Edgar Levi Chair in Aging, Director of the Sam and Rose Stein Institute for Research on Aging, and Distinguished Professor of Psychiatry and Neurosciences, at the University of California, San Diego (UCSD). He is also the Director of the Advanced Center for Innovation in Services and Intervention Research at UCSD, funded by the National Institute of Mental Health (NIMH). Dr. Jeste obtained his medical education in Poona, and psychiatry training in Bombay, India. In the USA, he completed his psychiatry residency at Cornell University, and Neurology residency at George Washington University. He was a research fellow, and later, Chief of the Units on Movement Disorders and Dementias at the NIMH before moving to San Diego. Dr. Jeste is the Principal Investigator on several research and training grants. He has published ten books, and over 600 articles in peer-reviewed journals and books. He is the President-Elect of the American Psychiatric Association (APA), past President of the American Association for Geriatric Psychiatry and the West Coast College of Biological Psychiatry, and Founding President of the International College of Geriatric Psychoneuropharmacology. Dr. Jeste is a member of the Institute of Medicine of the National Academy of Sciences, and was a member of the National Mental Health Advisory Council as well as Council of Councils of the NIH. He is the Editor-in-Chief of the American Journal of Geriatric Psychiatry.

He has been listed in "The Best Doctors in America" and has received many awards including the A.E. Bennett Neuropsychiatric Research Award from the Society of Biological Psychiatry; MERIT Award from the NIMH; Commendation for Dedicated Service from the American Legion, Veterans Affairs and Rehabilitation Commission; C. Charles Burlingame Award from the Institute of Living, Hartford; the Award for Research in Psychiatry as well as the Jack Weinberg Memorial Award in Geriatric Psychiatry, the George Tarjan Award, and two Distinguished Lecturer Awards from the APA; Life-Time Service Award from the American College of International Physicians; Most Distinguished Physician Teacher/Researcher Award from the American Association of Physicians of Indian origin; Asian Heritage Award for Excellence in Science, Technology, and Research; and Distinguished Investigator Award from the National Alliance for Research in Schizophrenia and Affective Disorders. He is in the Institute of Scientific Information list of the "world's most cited authors"--comprising less than 0.5% percent of all publishing researchers of the last two decades.

Carol A. Bernstein, M.D.

President's Special Recognition Award



Carol A. Bernstein, M.D. is Associate Professor of Psychiatry, Vice Chair for Education in Psychiatry, Associate Dean for Graduate Medical Education and DIO for ACGME Programs at the NYU School of Medicine. Dr. Bernstein is currently President of the American Psychiatric Association and has served the Association as Vice-President, Treasurer and Trustee-at-Large and as the chair of multiple committees. She has served as a spokesperson for the American Psychiatric Association on many occasions and received the 1997 exemplary psychiatrist award from the National Alliance for the Mentally Ill (NAMI). Dr. Bernstein completed medical school at the Columbia University College of Physicians and Surgeons. Following an internship in internal medicine at St. Luke's/Roosevelt Medical Center in New York, she completed her psychiatric residency training at Columbia University and the New York State Psychiatric Institute. Dr. Bernstein is active in many national psychiatric associations in addition to the APA - these include the American College of Psychiatrists, the Group for the Advancement of Psychiatry and the American Board of Psychiatry and Neurology, among others. In 2003, Dr. Bernstein was selected as a Fellow in ELAM (Executive Leadership in Academic Medicine) a national program, designed to promote leadership for women in medicine. In 2005, Dr. Bernstein completed the Physician Leadership Development Program at NYU as well as the Graduate Medical Education Leadership Program of the ACGME. Most recently, Dr. Bernstein was appointed to the Board of Directors of the ACGME – the body that accredits all of the more than 8000 residency and fellowship training programs in the United States. She is also actively involved in the Group on Resident Affairs of the AAMC. Dr. Bernstein has written numerous articles and chapters on psychiatric education and has served as a peer reviewer for both the American Journal of Psychiatry and Academic Psychiatry. She has also served on the editorial boards of Academic Psychiatry, the Journal of Psychiatric Services and Focus and has presented at more than 70 conferences and meetings. Dr. Bernstein hosts a weekly call-in show for consumers on Sirius Radio's Doctor Radio Channel which is sponsored by the NYU Langone Medical Center. Besides her academic responsibilities, Dr. Bernstein maintains a private practice in psychiatry in Manhattan, is married to a psychiatrist and the mother of a thirteen year old daughter.

Annual Report Georgia chapter of IAPA In 2010 we had 11 monthly Dinner Round Table meetings with attendance averaging 12-15 Indian Psychiatrists. During these meetings we learned about several medications and illnesses along with practice management issues. In November, we had our annual/Diwali meeting, which was attended by 40+ psychiatrists with their adult guests. The business and scientific component of the meeting included a reserved area for vendors to display their exhibits and products. This included ten exhibit tables and an informative presentation on the use of the Exelon patch and the risk benefit analysis. Dr. Rudra Prakash, president-elect of IAPA was in attendance and addressed the standing room only audience with lot of praise and recognition for the chapter's activities. The festivities offered attendees to have their portrait done, provided delicious Indian meal, a presentation by Sells Financial, a skit performed by member psychiatrists, standup comedy and live Indian

During the year we welcomed about 15 new life members. Our members have been very active in community service. The two biggest Health Fairs among Indian community were organized by our members-Sai Health Fair by Drs. Rohini and Sujatha Reddy, and BAPS Health Fair by Drs. Harshad Patel and Mahendra Shah-these Health Fairs provided free consultation to over 1400 people combined. Dr. Dave published a book about significance of laboratory tests for psychiatrists. Georgia Association of Physicians of Indian origin (GAPI), a subchapter of AAPI, recognized our strength and commitment and invited members to open and run a free Medical clinic once a month.

Mahendra Shah, MD President, Georgia Chapter Georgia Chapter Chapter of the Year Award







Last year I presented the history of IAPA and establishment of the Board of Trustees. This year the current president of IAPA, Shivkumar Hatti and Dr Vishwanathan will join. Dr Vishwanathan_will complete the term of Dr Ashwin Pandya, who has retired in Florida. BOT wishes him a spiritually enriching and healthy retirement.

I am happy to tell you that the Board took the next step to establish a grant award of \$ 2500 each year, starting in May 2011, to be given for community mental health project, research mental health project or an educational project. The awardee for 2011 is Dr Vani Rao and her associates from Maryland chapter. Please note that the application for the grant is available on IAPA website. An IAPA member from any chapter can involve an associate member who can be a psychologist, a social worker or any other professional who is an associate member of IAPA to participate in the project funded by the grant. Please look for an application form and details about the grant on the website. On behalf of the BOT I want to thank Narsima Rao for setting up this user friendly website. This is his *pro bono* service to IAPA. Those who have not visited the website as yet please log on to myiapa.org and write your impression in the blog. We look forward to receiving exciting projects that we can fund through this grant. Dr Vani Rao will receive the grant on May 15, annual IAPA meeting in Hawaii. I urge you all to attend. If you have any questions, please feel free to contact me by e-mail: nalini.juthani@gmail.com

Past IAPA Awardees and Past Presidents

Year	Academician Award	Service Award	Resident Award	Public Sector Award	Past Presidents
2010	Nutan Vaidya	Iqbal Ahmed	Neil Aggarwal	Ranga N. Ram	Shivkumar Hatti
2009	Mary Ganguli	Sanjay Dubé	Cecilia Margret	Jyoti R. Shah	Surinder Nand
2008	Prakash Masand	Anand Pandya	Srijan Sen	Subhash Chander Bhatia	Surinder Nand
2007	Ashwin Patkar	Shastri Swaminthan	Gagandeep R. Singh	Chaitanya Haldipur	Asha Mishra
2006	Philip T. Ninan	Malathi Koli	Biju Basil	C. S. Vedak	Asha Mishra
2005	Madhukar Trivedi	Malini Patel	Seeba Anam	Bhasker Dave	Sanjay Dubé
2004	Shitij Kapur	Nyapati Rao	Kumar Budur	Janakibai Theogaraj	Sanjay Dubé
2003	Vishwajit Nimagaonkar	V. Raghuraman	Harsh K. Trivedi		J. Srinivasaraghavan
2002	Salman Akthar	Geetha Jayaram	Jyotsna Agarwal		J. Srinivasaraghavan
2001	D.P. Devanand	Seeth Vivek	Priyamvada Narayanan		J. Srinivasaraghavan
2000	Rohan Ganguli	Asha Mishra	Arif M. Shoaib		Nalini Juthani
1999	Anand Pandurangi	Rajkumari Bansal	Madhavi Prakash		Nalini Juthani
1998	Mantosh Dewan	Ramakrishna Shenoy			R. Viswanathan
1997	K. Ranga Rama Krishnan	Rekha Ranade			R. Viswanathan
1996	Matcheri S. Keshavan	Ramachandran			Manoj Shah
1995	V. Chowdary Jampala	J. Srinivasaraghavan			Manoj Shah
	Vikram Yeragani	Velandy Manohar			Ashwin Pandya
1993	Rajiv Tandon	Veena Garyali			Ashwin Pandya
1992	•	Gopalakrishna Upadhya			Velandy Manohar
1991	Nalini V. Juthani	Padam Jain			Velandy Manohar
1990	R. Viswanathan	Barin Desai			Jambur Ananth
1989	George Cohelo	Prakash Ettigi			Jambur Ananth
1988	N.P.V. Nair	Manoj Shah			Girish Shah
1987	Prakash Desai	Anjali Pandya			Girish Shah
1986	Dilip Jeste	None			Y. Haveliwala
	Jambur Ananth	Satish C. Varma			Y. Haveliwala
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32nd IndoAmerican Psychiatric Association (IAPA) Scientific/Business Meeting

Date: Sunday May 15th 2011 Hilton Hawaiian Village 2005 Kalia Road; Honolulu Hawaii 96815

Poster Presentation: 12.30 – 5 PM * To be held in the Lehua Suite at the Kalia

Scientific Session: I.30 - 5 PM Executive Conference Center

1.30 – 1.35 PM: Welcome: IAPA President, Shivkumar Hatti, MD

1.35 – 2.15 PM: Outstanding Academician Lecture

Unraveling the Complexities of Depression: Insights into Biological and Treatment Advances:

Dr. Meera Narasimhan, MD

Professor of Psychiatry and the Interim Chairman Department of Neuropsychiatry and Behavioral Sciences University of South Carolina School of Medicine.

2.15 – 3.00: Residents Presentation – Moderator: Dr. Vani Rao, MD

The Psychiatry Residency Training in United States, Canada, United Kingdom, India and Nigeria: What can we learn?

Dr. G Jain, MD; Department of Psychiatry, Southern Illinois University School of Medicine

An Educational and Cultural Experience of India:

Dr. S. Patel, MD; Johns Hopkins University, Baltimore, MD.

3.00 PM - 3.15: Break

3.15 – 4.00: Update on the status of Psychiatry in India:

Prof.M. Thirunavukarasu, President, Indian Psychiatric Society

4.00 -4.45: Perspectives from the Advocacy Movement:

Dr. Anand Pandya, MD, Vice-Chair, Cedars-Sinai Medical Center; Associate Clinical Professor, UCLA

President Emeritus - NAMI National

4.45 – 5.00: Vote of Thanks: Dr. Rudra Prakash, MD

Business Meeting and Banquet: 6:30 pm to II:00pm *Rainbow Tower

6.30 - 7.30 PM: Registration & Cocktails *Rainbow Patio

7.30 – 8.30 PM: President's address, Awards Ceremony *Rainbow Suite I-III

& Business Meeting (budget presentation & election of office bearers)

8.30- II PM: Dinner

REGISTRATION REQUIRED:

\$30.00 for member online registration (prior to May 10 2011); \$35 for member onsite registration.

\$40 for non-member online registration (prior to May IO 2011) and \$45.00 for non-member onsite registration

Join the IAPA Today! Membership Categories and Dues

I. Life Member: One-time dues payment of \$250* until June I, 2011.

Eligibility: Psychiatrists of Indian origin who have completed their required training in psychiatry and who live in the United States or Canada* after June I, 2011 life member dues will be \$350.00. Please join IAPA life membership now. Alternatively, post-graduate physicians of Indian origin who are in an approved psychiatric residency training program in the United States or Canada.

2. Associate Life Member: One-time dues payment of \$150.

Eligibility: Psychiatrists of non-Indian ethnic origin, non-psychiatric physicians, and non-physician mental health professionals who live in the United States or Canada.

3. Corresponding Member: Annual dues of \$25 per calendar year.

Eligibility: Psychiatrists and mental health professionals who live outside the United States or Canada.

4. Member-in-Training: No dues.

Eligibility: Post-graduate physicians of Indian origin who are in an approved psychiatric residency training program in the United States or Canada.

5. Honorary Member: No dues.

Eligibility: Elected by IAPA council members for outstanding contributions to the field of mental health and/or for promoting the goals and objectives of the association.

Life Members and Members-in-Training will be the only categories of membership having voting rights in the association.

Download/print the membership form and mail it with your payment @www.myiapa.org

Alternatively, contact us and we can send you a membership form by fax or email.

Indo-American Psychiatric Association

107 Chesley Drive, Unit # 4, Media, PA 19063 Telephone: 610-891-9024 EXT 102

Membership Application & Information for Directory Name______2. Gender_____ 1. Languages spoken_____ 3. Home Address_____ 4. Office Address_____ 5. Email____ 6. Telephone (H)_____(O)____ 7. Fax (H)_____(O)____ 8. Date & Place of Birth_____ 9. Medical School Name & State_____ Year of graduation_____ Residency 11. Fellowship_____ 12. Board Certification: Specialty_____ Sub-speciality Membership in Organizations (circle all applicable): IAPA AAPI APA FAPA 15. Present Position (circle all applicable): Private Practice Administration Private Institution-Clinical Teaching Public Institution-Clinical Research 16. Academic Titles 17. Honors/Award 18. Interests (circle yes or no for each area): a) Developing IAPA Chapters Yes No b) Treating patients of South Asian Origin Yes No c) Developing culturally-sensitive programs for South Asian community Yes No 19. Requested Membership in IAPA (circle one appropriate category): Life member (\$250 one-time dues) Member-in-training (no dues) Corresponding member (\$25 annual dues) Associate member (\$25 annual dues) Enclosed is my check in the amount of \$_____. Please include my name, gender, address, email, telephone number, fax number, and languages spoken

Please include my name, gender, address, email, telephone number, fax number, and languages spoken in the IAPA Directory:

I give consent to include all of the above information in the IAPA Database, which can be used for research and sharing with members:

I yes I No.

This information will not be used or shared for marketing purposes.

Signature_____ Date____

Please mail this application with your check to:

Indo-American Psychiatric Association, 107 Chesley Drive, Unit #4, Media, PA 19063