

MEDICAL PROVIDER RECOMMENDATIONS – Updated May 22, 2026

SPECIALTY	DOCTOR	PHONE	REFERRED BY/	COMMENTS
Allergist	Steven M. Sockin MD 500 New Hempstead Rd New City, NY 10956	845-362-3222	Candy Pittari	Over 40 years' experience! He graduated 4 th in his class at Havard.
Audiologist	Jeffrey Shannon AuD Hudson Valley Audiology 11 Medical Park Dr, Ste 205 Pomona NY 10970	845-406-9991	Annie Torrey	The other audiologists in the practice are also good.
			Jan Jason	Very knowledgeable, professional, personable, with state-of-the-art equipment and a well-run office.
			Bob Gunderson	Wonderful! Strongly recommend the whole practice.
	Kimberly Zurla Hear USA 250 Route 59 Suffern, NY 10901	845-357-2700	Anya Taylor	The hearing aids they use are by Signia. They have worked well for me.
	Kristina Martinez AuD ENT and Allergy 1 Crosfield Ave, Ste 201 West Nyack, NY 10994	845-7271370	Thomas Willingham	I have been wearing hearing aids for 10+ years. Some of the audiologists I have encountered have been quite patronizing. This is not the case with Kristina. She is kind, efficient, patient, and explains everything. She works in conjunction with Dr. Grinberg at ENT and Allergy Assoc.
Breast Surgeon	Ranjana Charterji MS DO Westchester Medical Center Mount Kisco, NY 10549	914-610-7346	Judy Gorman	
Cardiologist	Michael Innerfield, MD Crystal Run Healthcare 2 Centerock Rd West Nyack, NY 10994	845-348-1100	Anya Taylor	

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Cardiologist (cont'd)	Mark Pomerantz MD Rockland Cardiology 2 Crosfield Ave, Ste 407 West Nyack, NY 10994	845-353-5050 845-353-1285	James Ramsay	Highly skilled, caring, and involved. I've trusted him with my life for past 7 years. So far, so good!
			Mary Loughran	He was very thorough and supported my holistic approach to cardiac health.
	Anait Beniaminovitz MD Columbia Doctors 26 Indian Rock Suffern, NY 10901	845-368-0100	Mimi Hoffman	She does not mince words but is also gentle and kind; Columbia-affiliated practice.
			Mary Mathews	A straight shooter.
	Mona Parikh Kinkhabwala MD Columbia Doctors 26 Indian Rock Suffern, NY 10901	845-368-0100	Janice Cohen	I switched to her from a different doctor I had been seeing at this practice. I've been seeing her for several years.
	Ahmed Alabbady, MD, FACC, FSCAI 1 Crosfield Ave, Ste101 West Nyack, NY 10994 He is the Director of the Structural Heart & Valve Disease Program at Good Samaritan Hospital – Westchester Health Network	845-353-9800	Ann Morgan	In addition to being knowledgeable and talented, he is very kind, listens well, and solved a problem I had had for years! He is the only fellowship-trained Structural Heart Cardiologist serving Rockland and Orange Counties.
Chiropractor	Michael Innerfield, MD Crystal Run Healthcare 2 Centerock Rd West Nyack, NY 10994	845-348-1100	Anya Taylor	

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Chiropractor (cont'd)	Franca Piperni DC 201 North Highland Ave Nyack, NY 10960	845-353-3131	Susan Travis	Really knows her stuff.
			Sami Aronson	Also recommends Dr. Piperni.
	Bruce Handelsman DC Nyack Wellness 52 North Broadway Nyack, NY 10960	845-353-2862	Brenda Ross	He has been my go-to doctor for back issues for at least 20 years if not more. Highly recommend him. In partnership now with Dr. Rebecca Larris.
	Richard Bloom DC 100 Red Schoolhouse Rd Ste A7 Chestnut Ridge, NY 10977	845-425-9575	Jan Cohen	Chinese medicine practitioner who handles lime disease, mold issues, and other issues that traditional eastern medicine cannot treat. Uses herbs and custom solutions. Healing hands. Does not accept Medicare - private pay only.
Dentist	Heidi Lewis DDS Quality Care Dental 200 South Little Tor Rd New City, NY 10956	845-634-9155	Susanna Willingham	
	Jonathan Torma DDS Clarkstown Dental 228 North Main St New City, NY 10956	845-634-8111	Diana Kriz	He and his entire staff are extremely caring and sensitive.
	Han Hong DDS 2 Crosfield Ave, Ste 418 West Nyack, NY 10994	845-358-3305	Mary Loughran	He is an excellent dentist with reasonable rates. Has a senior discount and offers his own dental insurance.
	Jacob Wallach DDS 99 North Broadway Nyack, NY 10960	845-358-1728	Mimi Hoffman	He has done complicated dental work on me. He prioritized my case and was very compassionate.
			Judy Ryan	Another satisfied patient.

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Dentist (cont'd)	Daniel O'Connell DDS 254 South Main St, Ste 208 New City, NY 10956	845-638-0900	Nancy Waack	He is an excellent caregiver with terrific and friendly staff. Always fits us in if there is a problem.
			Glenna Marra	Came highly recommended. He took me when I had an emergency, and I feel very lucky to have him. An excellent dentist.
	Dwayne M. Bodie DDM 51 North Broadway Nyack, NY 10960	845-358-5110	Dorothy Whitton	He is very good and gives options for treatment. Office staff is very helpful.
Dermatologist	Elizabeth Mathew 538 Western Highway South Blauvelt, NY 10913	845-680-2470	Anya Taylor	
	Johanna Baeurerle 326 North Highland Ave Nyack, NY 10960	845-358-3300	Mary Mathews Thomas Willingham	Straight forward and takes her time. Was my mother's dermatologist as well! Excellent, competent care but not overly aggressive. I've been under her care for 15+ years.
	Joshua Fogelman MD Dermatology Center of Rockland 60 Dutch Hill Rd, Ste 18 Orangeburg, NY 10962	845-359-4770	James Ramsay Vin Morgan Anya Taylor	I've been given thorough inspections and many successful procedures over 10 years. Highly recommend. Excellent. Very thorough. Dr. Fogelman is not at all interested in aesthetics or wrinkles. Only cancer. And he is very careful about that.

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Dermatologist (cont'd)	Michael Molinaro MD Westwood Dermatology 390 Old Hook Rd Westwood, NJ 07675	201-666-9550	Glenna Marra	Dr. Molinaro is a well-respected doctor, and I have used him for years.
	Scott Sanders MD 301 North Main St, Ste 3 New City, NY 10956	845-499-2017	Nancy Waack Jan Cohen	I found him very thorough and helpful. Also recommends Dr Sanders.
	Amy Goldstein MD OD Dermatology Center of Rockland 60 Dutch Hill Rd, Ste18 Orangeburg, NY 10962	845-359-4770	Ann Morgan	She is patient, kind, thorough and offers alternative solutions when needed. I trust her and like her very much.
Ear, Nose, Throat	Daniel Grinberg, MD ENT and Allergy Associates 1 Crosfield Ave, Ste 201 West Nyack, NY 10994	845-727-1370	Thomas Willingham	I have been seeing Dr. Grinberg for several years. He works in conjunction with Audiologist Kristina Martinez. He is kind, thorough, and willing to engage questions.
	Eric Roffman, MD ENT and Allergy Associates 1 Crosfield Ave, Ste 201 West Nyack, NY 10994	845-727-1370	Jan Cohen	
Endocrinologist	Deborah L. Raice MD Endocrine Associates 5 Medical Park Dr, Ste B Pomona, NY 10970	845-362-3111	Jan Cohen	I've been going to her for years.
	Jessica Fleischer MD 910 Sylvan Ave, Ste 100 Englewood Cliffs, NJ 07632	201-569-2770	Ann Morgan	Dr. Fleischer manages my osteoporosis and prescribes my medication and my bone density scans. She is knowledgeable and thorough. I like her very much.

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Endocrinologist (cont'd)	Yana Garger MD 10 Sycamore Ave Ho-ho-kus, NJ 07423	201-474-5952	Jan Jason	Highly recommend. Very knowledgeable, personable and personal. Takes Medicare patients only. Used to be with Columbia Doctors in Suffern then opened her own office.
Family Medicine	Esra Onat MD 25 Lindsley Lane, Ste105 Morristown, NJ 07960	973-889-0200	Mary Loughran	She is a Functional or Integrative MD who specializes in Women's Health but also has male clients. Knowledgeable, warm and funny. Takes Medicare.
Gastroenterologist	Amareswari Kadiyam MD 97 Route 303 Tappan, NY 10983	845-359-5005	Glenna Marra	
	Viyada Sarabanchong Digestive Disease Associates of Rockland 974 Route 45 Pomona, NY 10970	845-354-3700	Mary Mathews	I have been going to Dr. 'Sara' for as long as I can remember. She never fails to make what could be an unpleasant experience as easy as possible. Personable and thorough.
Gynecologist	Patricia Pollio MD 134 Route 59 Suffern, NY 10901	845-357-5333	Jan Cohen	I've been seeing her for years. Uses Good Sam to operate and has an office upstate.
Hematologist	Steven Gruenstein MD 12 East 86 St, Ste 4C NY, NY 10028	212-861-6660	Judy Gorman	
	Ravi Shah MD Montefiore Nyack Hospital 160 N. Midland Ave Nyack, NY 10960	845-480-7440	Candy Pittari	Excellent. He is a caring, calm doctor who takes the time to explain issues in terms you can understand.

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Internist	Russell Gura MD 25 Rockwood Pl Englewood, NJ 07631	201-568-3335	Judy Ryan	He is attentive and listens well. He reads my questions in the portal and answers. My husband and I both like him. Downside: Primary office is in Englewood, NJ.
	Despina Psillides MD 220 Livingston St, Ste 202 Northvale, NJ 07647	201-768-9090	Alice Kintisch	Specializes in geriatric medicine. She's attentive, takes time to listen and ask questions, not an alarmist or a pill-pusher. Could not be happier with her.
	Deborah Shapiro MD 2 Crosfield Ave, Ste 318 West Nyack, NY 10994	845-353-5600	Janice Cohen	I've worked with her the last couple of years. She specializes in pulmonary.
	Usman Siddiqui MD 311 North Midland Ave. Nyack, NY 10960	845-358-5006	Vin Morgan	We were so pleased to find a young local doctor who is kind, thorough, and focused on preventative medicine. He is trained in internal medicine and did a fellowship in palliative care.
	Parag Shah MD Rockland Pulmonary Associates 2 Crosfield Ave, Ste 318 West Nyack, NY 10994	845-353-5600	Anya Taylor	He is fastidious and imaginative. He has saved my life at least twice. He actually thinks about me and plans his balanced prescriptions so carefully that I am in better health now at 82 than I was at 63.
	Diane Schwartz MD 645 Westwood Ave River Vale, NJ 07675	201-666-1000	Glenna Marra	I have used Dr. Schwartz for many years and have found her to be kind, thorough, and very knowledgeable.
	Keith Berkowitz MD 425 Madison Ave, 11 th Fl. NY, NY 10017	212-459-1700	Judith Gorman	Does not accept Medicare, but I submit his bills to Medicare and am partly reimbursed. He has a broader, more creative approach than most.

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Internist (cont'd)	Kimberly Hewitt MD Valley Medical Group 470 N Franklin Turnpike, Ste 100 Ramsey, NJ 07446	551-310-9030	Jan Jason	Highly recommend. Takes a lot of time with you and doesn't spend the visit looking at or typing on a laptop. Great instincts and diagnostician.
Massage Therapist	Charlene Bradin 291 Brookway Ave Valley Cottage, NY 10989	845-267-4844	Mimi Hoffman	Reach her through Shamani Yoga. Charlene and Betsy Ceva were the co-owners of Birchwood Yoga.
	Lisa Detres LMT, LLC 101 South Broadway Nyack, NY 10960	845-641-4791	Mary Loughran	Lisa does a great medical massage and is very knowledgeable regarding anatomy and the need to stretch. Lisa is also a Reiki and Sound Healing Therapist.
	Katie O'Neil Palisades, NY 10964	845-507-2579	Susanna Willingham	
Neurologist	Alexander Shtilbans MD, PhD Hospital for Special Surgery 525 East 71st St, 5 th Fl. NY, NY 10021	212-774-7308	Mary Loughran	He is very thorough, extremely knowledgeable. He gives detailed information. Director of Movement Disorder Program & Assistant Attending Neurologist.
Neurosurgeon	Peter Angevine MD Columbia Doctors 155 White Plains Rd Tarrytown, NY 10591	212-305-1550	Judy Ryan Bill Ryan	Spine Surgeon. We recommend Dr. Angevine without reservation. He is kind, straightforward, listens well, and had no problem with our recording our consultation so our daughters could hear it. He spelled out all the options with no pressure. Bill's surgery was done in Bronxville at Columbia University Spine Center. It is a beautiful facility.

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Ophthalmologist	Robert Chen MD Rockland Eye Physicians & Surgeons 1 Crosfield Ave, Ste 302 West Nyack, NY 10994	845-624-4455	Mary Loughran	He specializes in cataracts, glaucoma etc. Excellent bedside manner.
			Brenda Ross	He figured out I was one of the rare patients allergic to the preservation in most eye drops. Smart and personable.
			Vin Morgan	He is excellent. I have had tricky eye problems he has been able to resolve.
	Glen Weiss MD Rockland Eye Physicians & Surgeons 1 Crosfield Ave, Ste 302 West Nyack, NY 10994	845-624-4455	Leontine Temsky	Cataract surgery. He takes the time to explain procedure, excellent results.
			Ann Morgan	I have gone to him for years. Thorough and knowledgeable.
	Ayman Matta MD 99 Dutch Hill Road Orangeburg, NY 10962	845-359-7272	Dorothy Whitton	I found him to be very knowledgeable, but the wait time can be long.
	John Merriam MD Columbia Univ. Eye Institute 635 West 165th St, Ste 305 NY, NY 10032	212-795-4218	Sami Aronson	Recommends Dr. Merriam.
	Joseph Paskowski MD Liebergall Eye Associates 222 Route 59 Suffern, NY 10901	845-357-2500	Jan Cohen	
Oral Surgeon	Anthony Pavone MD FACS Pavone Oral and Maxillofacial Surgery, PC 2 Medical Park Dr West Nyack, NY 10994	845-675-8008	Thomas Willingham	Excellent bedside manner; staff are competent and kind.

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Orthopedic Surgeon	Dr. Robert Myerson 257 Lafayette Ave Suite 140 Suffern, NY 10901	845-777-3550	Maxine Bernstein	He is a wonderful doctor & surgeon who saved my life by operating and giving me a new hip. His follow-up exams are brilliant. He really cares for his patients.
	Dr. Alan Gotesman Montefiore Einstein 3 Centerock Rd West Nyack, NY 10994	845-358-1000	Vin Morgan	He is an orthopedic hand surgeon. He set Vin's bones when he broke his wrist. He and his assistant Avi are both excellent.
	Dr. Richard Semble Montefiore Einstein 3 Centerock Rd West Nyack, NY 10994	845-358-1000	Sami Aronson	Recommends Dr. Semble for back issues.
	Dr. Jason Fond Montefiore Einstein 3 Centerock Rd West Nyack, NY 10994	845-358-1000	Sami Aronson	Recommends Dr. Fond for Shoulder issues.
	Dr. Evan Gaines Northeast Orthopedic 3 Centerock Rd West Nyack, NY 10994	845-359-1877	Jan Cohen	
	Sean Fitzsimmons MD Upper East Orthopedics 315 East 83rd St NY, NY 10028	212-986-9200	Diana Kriz	Focuses on non-operative care of orthopedic conditions. Worked wonders with my problematic knee.
Periodontist	Sid M.Tucker DDS Hudson Valley Periodontics 446 Route 304, Ste F Bardonia, NY 10954	845-623-6666	Anya Taylor	Thanks to him, I have lost only three teeth!

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Physiatrist / Physical Medicine	Dena Barsoum MD Hospital for Special Surgery 1133 Westchester Ave White Plains, NY 10605	914-821-9213	Mary Loughran	She is extremely knowledgeable and clear. The best Physiatrist I've experienced. Takes Medicare.
	Larisa Tsaur MD Crystal Run Physical Medicine and Rehabilitation 2 Centerock Rd, Ste 103 West Nyack, NY 10994	845-348-1100	Candy Pittari	Knowledgeable and finds answers for pain that others may have overlooked.
	George Christolias MD Columbia Doctors at NY- Presbyterian 111 Westchester Ave White Plains, NY 10604	212-305-3535	Jan Cohen	Non-invasive options for your back issues.
Physical Therapist	Nanda Nevola 29 Main Street Nyack, NY 10960	845-348-8700	James Ramsay	Brilliant, literally has healing hands. Treats with massage, ultrasound and other therapies.
	Nicola Weiner Momentum Physical Therapy 120 5th Ave Nyack, NY 10960	845-358-1166	Susanna Willingham	Superb physical therapist.
	Ed Kalotkin Palisades Physical Therapy 1 Scotti Ave Palisades, NY 10994	845-359-3950	Phyllis Eisenberg Judy Gorman	A really good therapist. Hands on therapy for a full session. Accepts Medicare.

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Physical Therapist (cont'd)	Tova Lehmann Elan Physical Therapy and Wellness Center 66 North Highland Ave Nyack, NY 10960	845-512-8210	Mary Loughran	An excellent physical and craniosacral therapist. However, she no longer takes Medicare and is very expensive.
	Stanley Varghese SportsCare of West Nyack 2 Crosfield Ave, Ste101 West Nyack, NY 10994	845-358-8989	Janice Cohen	He does hands-on healing and gives exercises for home. Very flexible working with insurance.
	Andrew Periera DPT Joint Movements Physical Therapy 34 West Ramapo Rd Garnerville, NY 10923	845-271-4785	Mary Loughran	Andrew is very supportive, knowledgeable, and thorough in his explanations and teaching exercises. He sends you video home exercises.
	SportsCare of West Nyack 2 Crosfield Ave, Ste 101 West Nyack, NY 10994	845-358-8989	Dorothy Whitton Ann Morgan	The therapists and staff are very good and professional. I had an excellent outcome when I broke my shoulder – all physical therapy and no surgery.
	Motion Sports Medicine 10 Waldron Ave Nyack, NY10960	845-643-8200	Phyllis Eisenberg	Multiple practitioners and a large room with equipment,
	Ospre PT 9 Ingalls St Nyack, NY 10960	845-634-1625	Dorothy Whitton	Small, intimate PT environment with 1:1 personal attention.
	Alyssa Padial 40 Muroney Ave Palisades, NY 10964	917-432-8639	Susanna Willingham	Pelvic floor and orthopedic PT. Very experienced and helpful. Private Pay.

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Podiatrist	Charles Wolff DPM Centerock Podiatry Associates PC 2 Crosfield Ave, Ste 302 West Nyack, NY 10994	845-358-2844	Nancy Waack James Ramsay Anya Taylor	Very pleasant office, readily available. Bright, energetic, highly trained; qualified to do major surgery on feet and ankles. Highly recommend. I also recommend Dr Wolff but haven't needed him in a while
Primary Care (see Internist)				
Psychologist	Beth Millstein Wish PhD 112 Highmount Ave Nyack, NY 10960	914-318-5922	Mary Loughran	Empathetic, energy-based; she specializes in women's transition issues.
Pulmonologist	David Hodes MD 2 Medical Park Dr, Ste 2 West Nyack, NY 10994	845-727-7733	Leontine Temsky	Excellent recommendations for follow-up specialists.
	Stephen Menitove MD Rockland Pulmonary 2 Crosfield Ave, Ste 318 West Nyack, NY 10994	845-353-5600	Glenna Marra	Dr. Menitove is a 5-star doctor specializing in lung issues; very capable and friendly.
Radiation Oncologist	Margaret Torrey MD 111 N. Highland Ave Nyack, NY 10960	845-727-0828	Diana Kriz	Wonderfully sensitive, reassuring, takes care to explain all procedures.
Retina Specialist	Lee Angioletti MD Retina Center of New Jersey 500 N. Franklin Tpke., Suite 205 Ramsey, NJ 07446	201-926-9396	Vin Morgan	He repaired a tear in my retina and has saved my eyesight more than once. Dr. Higgins at this same practice repaired the hole in the macula of my right eye. Both doctors are excellent.

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Retina Specialist (cont'd)	Kimball Woodward MD 2 Crosfield Ave, Ste 408 West Nyack, NY 10994	845-348-3400	James Ramsay	A retinal surgeon; travels to Zimbabwe to provide ophthalmic and surgical aid. He is in a class all by himself.
			Susan Travis	Kind, altruistic, sensitive, professional. He always tells me I'm perfect. Can I say more?
			Nancy Waack	His focus is on macular-degeneration, diabetic retinopathy, retina detachments, and uveitis.
			Mimi Hoffman	He explained that there was a vascular problem in my retina, and clearly explained the treatment plan. He was thorough, knowledgeable, and caring, as were his staff.
Urologist	Ross Bauer MD Bon Secours Medical Group 257 Lafayette Ave, Ste 380 Suffern, NY 10901	845-777-3569	Thomas Willingham Susanna Willingham	Dr. Bauer is patient, kind, and gives you options from which you can choose. I have been with him for several years. Takes Medicare.
Urogynecology	Sue Zhou, MD, FACOG 92 E. Main St Elmsford, NY. 10523	914-358-5552	Britta Voss	Dr. Zhou's card says "Expertise & Compassion". I found this to be very true. I did undergo the surgery she recommended and am very pleased with the good results.
Urgent Care	City MD, Nanuet 256 NY Route 59 Nanuet, NY 10954	845-624-2273	Glenna Marra	I have used City MD when I've had a minor emergency. They have great staff and doctors.
			Sami Aronson	I have used City MD for many years for needed wound care, tick bite, and various other issues – on weekends and holidays and also when my regular doctors were not available. I have always been seen by a medical doctor and a very good one!