

*The following minutes are draft minutes which are subject to revision, and which have not yet been adopted by the Board.*

**CONNECTICUT MEDICAL EXAMINING BOARD  
MINUTES OF REGULAR MEETING  
December 16, 2025, at 1:30 P.M.**

**BOARD MEMBERS PRESENT:**

Kathryn Emmett, Esq., Chairperson  
Barbara Calderone, Esq.  
Allyson Duffy, MD  
Katherine Grieco, DO FASAM  
Paul P. Possenti, MS, PA-C, FAASPA  
Michele Jacklin  
C. Steven Wolf, MD  
Daniel Rissi, MD  
Harold Sauer, MD  
Robert Green, MD  
Peter Zeman, MD  
Edward G. McAnaney, Esq.  
David Schwindt, MD  
Cheryl-Ann Resha, EdD, MSN, RN, FNASN, FAAN

**BOARD MEMBERS ABSENT:**

Keat Jin Lee, MD  
Joseph Kaliko, Esq.  
Marilyn Katz, MD  
Shawn London, MD  
Andrew Yuan, DO

**DPH / AAG STAFF PRESENT:**

Tanya DeMattia, Assistant Attorney General/Legal Advisor to the Board  
Stephen Carragher, MPH, Section Chief, Practitioner Licensing & Investigations  
Celeste Dowdell, License and Applications Analyst Practitioner Licensing and Investigations  
Dante Costa, JD/MPH, Regulatory Affairs Manager, Office of Policy & Strategic Initiatives  
Nathaniel K. Gordon, Board Liaison

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**CALL TO ORDER.**

Chairperson Kathryn Emmett called the meeting to order at 1:31 p.m.

**APPROVAL OF MINUTES**

Chairperson Kathryn Emmett proposed changes to the minutes.

- Changes to November 18, 2025, Meeting Minutes
  - o Under Chair Updates Item B sub-item A *“To bring information to the board about telehealth in Connecticut and how the department is handling”* be moved to Section A sub-item B.

Dr. C. Steven Wolf, MD. moved to accept the minutes of November 18, 2025, with the proposed changes made. Dr. Harold Sauer MD. seconded the motion. The motion was approved unanimously.

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**CHAIR UPDATES**

- A. Proposals for future agenda items:
  - a. Presentation from the CT Department of Public Health on Telehealth, no current timeline regarding date of presentation.
  - b. Proposed orientation for new board members.
  - c. Notification to the Board regarding the Departure of Ryan Burn, DPH Deputy Legal Director, Introduction of Julianne Avallone, DPH Legal Counsel.
  
- B. Connecticut Medical Examining Board Hearing Assignments
  - a. Please review and, if available, volunteer.
  
- C. Board Member contact information
  - a. Some contact information is incorrect or not working. Please provide the best current contact information.
  
- D. Scholarships for the FSMB Annual Meeting

**PUBLIC COMMENT**

None.

**NEW BUSINESS**

- A. 2026 Proposed Regular Board Meeting Calendar

<b>BOARD/COMMISSIONS</b>	<b>MEETING DATES</b>	<b>LOCATION</b>
Connecticut Medical Examining Board	<ul style="list-style-type: none"><li>• January 20, 2026,</li><li>• February 17, 2026</li><li>• March 17, 2026</li><li>• April 14, 2026</li><li>• May 19, 2026</li><li>• June 16, 2026</li><li>• July 14, 2026</li><li>• August 18, 2026</li><li>• September 15, 2026</li><li>• October 20, 2026</li><li>• November 17, 2026</li><li>• December 15, 2026</li></ul>	Department of Public Health 410 Capitol Avenue Hartford, Connecticut  Meetings will be held remotely via Microsoft TEAMS
	All meetings begin at 1:30 p.m.	

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Dr. C. Steven Wolf MD moved to approve the Proposed 2026 Regular Meeting Calendar. Attorney Edward G. McAnaney Esq. second the motion to approve. The motion was approved unanimously.

**B. Draft Retired Physician Regulations**

By: Dante Costa, JD/MPH,  
Regulatory Affairs Manager, Office  
of Policy & Strategic Initiatives

Dante Costa introduced to the board the Draft Retired Physician Regulations, and the proposed changes potentially being made. Dante Costa also updated the board on the analytics from the report. The Board discussed and inquired regarding the matter.

**C. Nomination Dr. Harold Sauer for FSMB Lifetime Achievement Award**

Chairperson Kathryn Emmett proposed to the board the nomination Dr. Harold Sauer for FSMB Lifetime Achievement Award. Chairman Emmett gave a brief description of the award and the deadline for submission. Dr. C. Steven Wolf MD moved to nominate Dr. Harold Sauer. Dr. Robert Green MD second the motion. The motion was approved unanimously.

**LICENSING REQUEST MATTERS**

Janna D. Helfrich, M.D.

Celeste Dowdell, License and Applications  
Analyst Practitioner Licensing and  
Investigations

Chairperson Kathryn Emmett requested Attorney Tanya DeMattia, Esq., Assistant Attorney General/ Legal Advisor to the Board to inform the board as to the purpose of reviewing Dr. Janna D. Helfrich, M.D.'s Application. Attorney Tanya DeMattia, Esq., informed the board that they are there to determine that the applicant's foreign training program meets the equivalent for Connecticut licensure. The regulation referenced was RCSA 20-10-5. Equivalent training program ("[Chapter 370 - Medicine and Surgery](#)") & ("[eRegulations - Browse Regulations of Connecticut State Agencies](#)") was displayed for the board to briefly review.

Chairperson Kathryn Emmett called for a motion. Dr. C. Steven Wolf, MD, moved that Dr. Janna D. Helfrich, M.D.'s foreign training program meets the equivalent of two years post-graduate training required by the statute and regulation. Dr. Robert Green, MD., second the motion. The motion was approved by roll call vote of 14 Yea, 0 Nay, and 0 Recused by the members present.

Dr. Lisa Leffert, M.D., Chair of the Yale Medical School, Medicine Department, offered her opinion to the board regarding Due Diligence investigation of Dr. Janna D. Helfrich, M.D for possible employment. Board members discussed the foreign training program, other personal experiences when it comes to foreign training, and program meets the equivalent of 2 years post-graduate training.

<b>BOARD MEMBER</b>	<b>YEA</b>	<b>NAY</b>	<b>ABSTAIN</b>	<b>RECUSED</b>
Kathryn Emmett, Esq., Chairperson	X			
Barbara Calderone, Esq.	X			
Allyson Duffy, MD	X			
Katherine Grieco, DO FASAM	X			
Robert Green, MD	X			

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Michele Jacklin	X			
Joseph Kaliko, Esq.				
Marilyn Katz, MD				
Keat Jin Lee, MD				
Shawn London, MD				
Edward G. McAnaney, Esq.	X			
Paul P. Possenti, MS, PA-C, FAASPA	X			
Cheryl-Ann Resha, EdD, MSN, RN, FNASN, FAAN	X			
Daniel Rissi, MD	X			
Harold Sauer, MD	X			
David Schwindt, MD	X			
C. Steven Wolf, MD	X			
Andrew Yuan, DO				
Peter Zeman, MD	X			

**ADJOURN**

Paul P. Possenti, MS, PA-C, FAASPA, moved to adjourn the meeting. Attorney Barbara Calderone, Esq., second the motion to adjourn the meeting. The meeting was adjourned at 2:17 p.m.

Kathryn Emmett, Esq.,  
Chairperson