

STATE OF CONNECTICUT  
STATE EMPLOYEES' RETIREMENT COMMISSION  
MEDICAL EXAMINING BOARD

DATE: September 17, 2025

LOCATION: VIA ZOOM

**Present:**

Dr. Sachin Parekhh

Dr. Nikolai Lieders

Dr. Sheldon Nova

Robert Helfand, Retirement Services Division

Patrick Fairbanks, Retirement Services Division

Alexandra Cipolla, Retirement Services Division

Cindy Cieslak, Rose Kallor, LLP

1  
2 (Proceedings commenced at 9:23 a.m.)  
3  
4

5 ATTORNEY CIESLAK: Dr. Parekh, you can  
6 proceed when you're ready.

7 CHAIRMAN PAREKH: Great. Thank you. First, I  
8 wanted to apologize. We were having some technical  
9 difficulties on our end, so I apologize for us  
10 starting a little bit later, but the September 17,  
11 2025 meeting of the Medical Examining Board is now  
12 in session. I, Dr. Sachin Parekh, will serve as  
13 Chairperson.

14 Present are Dr. Nikolai Lieders and Dr. Sheldon  
15 Nova.

16 Present from the Office of the State  
17 Comptroller, Retirement Services Division are staff  
18 members, Alexandra Cipolla, Patrick Fairbanks and  
19 Robert Helfand.

20 General counsel for the Retirement Commission  
21 and the Medical Examining Board is Cindy Cieslak.

22 I now make a motion to go into Executive  
23 Session and request that the members of the  
24 Retirement Services Division and Counsel be allowed  
25 to remain.

1 DR. LIEDERS: Lieders, I second.

2 ATTORNEY CIESLAK: Dr. Nova, hold on one  
3 second.

4 DR. NOVA: Yeah.

5 ATTORNEY CIESLAK: All in favor say aye.

6 CHAIRMAN PAREKH: Aye.

7 DR. LIEDERS: Aye.

8 DR. NOVA: Aye.

9 ATTORNEY CIESLAK: The motion passes  
10 unanimously.

11 Dr. Parekh, can you indicate who is invited  
12 into Executive Session?

13 CHAIRMAN PAREKH: I request that the members  
14 of the Retirement Services Division and General  
15 Counsel be allowed to remain in Executive Session.

16 ATTORNEY CIESLAK: Thank you. All right.  
17 What this means for the applicants and the members  
18 of the public -- my name is Cindy Cieslak. We are  
19 going to put you back in the waiting room. The  
20 doctors discuss all of the private medical  
21 information in an executive session where it's not  
22 recorded and not open to the public. Because again,  
23 your medical information is kept private.

24 Those who are on reconsideration will be  
25 brought into Executive Session to make a statement

1 in support of their continued entitlement.

2 After the doctors have reviewed all of the  
3 applications, we will re-enter -- hold on. I have  
4 to mute someone. I apologize for the echo. I can't  
5 figure out who needs to be muted.

6 MS. MESITE: Is that me?

7 ATTORNEY CIESLAK: I think so.

8 MS. MESITE: Okay. Better?

9 ATTORNEY CIESLAK: Yep. Okay, so I'm going to  
10 put everyone into the waiting room and then you will  
11 be invited in if you're on reconsideration.

12 After the doctors discuss everyone's medical  
13 information, we will re-enter public session and  
14 you'll be able to hear the decisions today.

15 Okay, so give me a minute while I get everyone  
16 in the waiting room. Okay.

17 PHYLLIS NOVA: You're still on the meeting,  
18 right?

19 DR. NOVA: Yes, I'm still on the meeting.

20 PHYLLIS NOVA: Okay, so you're fine.

21 DR. NOVA: Just stay right here.

22 PHYLLIS NOVA: I will. You're fine. You can  
23 hear it.

24 DR. NOVA: Yes.  
25

1 (Executive Session from 9:24 a.m. to 11:32 a.m.)

2  
3 ATTORNEY CIESLAK: This is Cindy Cieslak. We  
4 are back in public session. I'm just going to mute  
5 everyone except for the doctors, since sometimes we  
6 get some feedback. And Dr. Parekh, you can proceed  
7 when you're ready.

8 CHAIRMAN PAREKH: Thank you. The Board will  
9 be making determinations and voting on those  
10 determinations, but would like to remind members  
11 that only the final vote will be given today and not  
12 the reason for the vote.

13 In some instances, there may not have been  
14 enough medical information to make a determination.  
15 You may seek reconsideration of an initial denial.  
16 You will receive the Board's written determination  
17 within two to four weeks which will provide you with  
18 that additional information.

19 The Board votes to approve continued  
20 entitlement for Kerby Charles.

21 DR. LIEDERS: Lieders, second the motion.

22 ATTORNEY CIESLAK: Any further discussion?  
23 There being none, all in favor say aye.

24 DR. LIEDERS: Lieders, aye.

25 DR. NOVA: Nova, aye.

1           CHAIRMAN PAREKH:   Parekh, aye.

2           ATTORNEY CIESLAK:   The motion passes  
3           unanimously.

4           CHAIRMAN PAREKH:   The Board votes to table the  
5           decision for continued entitlement for Mark Clinton.

6           DR. LIEDERS:   Lieders, I second the motion.

7           ATTORNEY CIESLAK:   Any further discussion?  
8           There being none, all in favor say aye.

9           DR. LIEDERS:   Lieders, aye.

10          DR. NOVA:   Nova, aye.

11          CHAIRMAN PAREKH:   Parekh, aye.

12          ATTORNEY CIESLAK:   The motion passes  
13          unanimously.

14          CHAIRMAN PAREKH:   The Board votes to approve  
15          continued entitlement for Casilda De Los Santos.

16          DR. LIEDERS:   Lieders, I second the motion.

17          ATTORNEY CIESLAK:   Any further discussion?  
18          There being none, all in favor say aye.

19          DR. LIEDERS:   Lieders, aye.

20          DR. NOVA:   Nova, aye.

21          CHAIRMAN PAREKH:   Parekh, aye.

22          ATTORNEY CIESLAK:   The motion passes  
23          unanimously.

24          CHAIRMAN PAREKH:   The Board votes to table the  
25          decision for continued entitlement for Lleidy

1 DeLeon.

2 DR. LIEDERS: Lieders, I second the motion.

3 ATTORNEY CIESLAK: Any further discussion?  
4 There being none, all in favor say aye.

5 DR. LIEDERS: Lieders, aye.

6 DR. NOVA: Nova, aye.

7 CHAIRMAN PAREKH: Parekh, aye.

8 ATTORNEY CIESLAK: The motion passes  
9 unanimously.

10 CHAIRMAN PAREKH: The Board votes to approve  
11 continued entitlement for Thomas Denihan.

12 DR. LIEDERS: Lieders, I second the motion.

13 ATTORNEY CIESLAK: Any further discussion?  
14 There being none, all in favor say aye.

15 DR. LIEDERS: Lieders, aye.

16 DR. NOVA: Nova, aye.

17 CHAIRMAN PAREKH: Parekh, aye.

18 ATTORNEY CIESLAK: The motion passes  
19 unanimously.

20 CHAIRMAN PAREKH: The Board votes to table  
21 continued entitlement decision for Debra Dorso.

22 DR. LIEDERS: Lieders, I second the motion.

23 ATTORNEY CIESLAK: Any further discussion?  
24 There being none, all in favor say aye.

25 DR. LIEDERS: Lieders, aye.

1 DR. NOVA: Nova, aye.

2 CHAIRMAN PAREKH: Parekh, aye.

3 ATTORNEY CIESLAK: The motion passes  
4 unanimously.

5 CHAIRMAN PAREKH: The Board votes to approve  
6 continued entitlement for Adelina Galarza.

7 DR. LIEDERS: Lieders, I second the motion.

8 ATTORNEY CIESLAK: Any further discussion?  
9 There being none, all in favor say aye.

10 DR. LIEDERS: Lieders, aye.

11 DR. NOVA: Nova, aye.

12 CHAIRMAN PAREKH: Parekh, aye.

13 ATTORNEY CIESLAK: The motion passes  
14 unanimously.

15 CHAIRMAN PAREKH: The Board votes to approve  
16 continued entitlement for Lisa Geraci-Anastasio.

17 DR. LIEDERS: Lieders, I second the motion.

18 ATTORNEY CIESLAK: Any further discussion?  
19 There being none, all in favor say aye.

20 DR. LIEDERS: Lieders, aye.

21 DR. NOVA: Nova, aye.

22 CHAIRMAN PAREKH: Parekh, aye.

23 ATTORNEY CIESLAK: The motion passes  
24 unanimously.

25 CHAIRMAN PAREKH: The Board votes to approve



1 continued entitlement for Michael King.

2 DR. LIEDERS: Lieders, I second the motion.

3 ATTORNEY CIESLAK: Any further discussion?  
4 There being none, all in favor say aye.

5 DR. LIEDERS: Lieders, aye.

6 DR. NOVA: Nova, aye.

7 CHAIRMAN PAREKH: Parekh, aye.

8 ATTORNEY CIESLAK: The motion passes  
9 unanimously.

10 CHAIRMAN PAREKH: The Board votes to deny  
11 continued entitlement for Wilfredo Lopez.

12 DR. LIEDERS: Lieders, I second the motion.

13 ATTORNEY CIESLAK: Any further discussion?  
14 There being none, all in favor say aye.

15 DR. LIEDERS: Lieders, aye.

16 DR. NOVA: Nova, aye.

17 CHAIRMAN PAREKH: Parekh, aye.

18 ATTORNEY CIESLAK: The motion passes  
19 unanimously.

20 CHAIRMAN PAREKH: The Board votes to approve  
21 continued entitlement for Kwasi McCall.

22 DR. LIEDERS: Lieders, I second the motion.

23 ATTORNEY CIESLAK: Any further discussion?  
24 There being none, all in favor say aye.

25 DR. LIEDERS: Lieders, aye.

1 DR. NOVA: Nova, aye.

2 CHAIRMAN PAREKH: Parekh, aye.

3 ATTORNEY CIESLAK: The motion passes  
4 unanimously.

5 CHAIRMAN PAREKH: The Board votes to approve  
6 continued entitlement for Corinne Mesite.

7 DR. LIEDERS: Lieders, I second the motion.

8 ATTORNEY CIESLAK: Any further discussion?  
9 There being none, all in favor say aye.

10 DR. LIEDERS: Lieders, aye.

11 DR. NOVA: Nova, aye.

12 CHAIRMAN PAREKH: Parekh, aye.

13 ATTORNEY CIESLAK: The motion passes  
14 unanimously.

15 CHAIRMAN PAREKH: The Board votes to approve  
16 continued entitlement for David Paradis.

17 DR. LIEDERS: Lieders, I second the motion.

18 ATTORNEY CIESLAK: Any further discussion?  
19 There being none, all in favor say aye.

20 DR. LIEDERS: Lieders, aye.

21 DR. NOVA: Nova, aye.

22 CHAIRMAN PAREKH: Parekh, aye.

23 ATTORNEY CIESLAK: The motion passes  
24 unanimously.

25 CHAIRMAN PAREKH: The Board votes to approve

1 continued entitlement for David Petrillo.

2 DR. LIEDERS: Lieders, I second the motion.

3 ATTORNEY CIESLAK: Any further discussion?  
4 There being none, all in favor say aye.

5 DR. LIEDERS: Lieders, aye.

6 DR. NOVA: Nova, aye.

7 CHAIRMAN PAREKH: Parekh, aye.

8 ATTORNEY CIESLAK: The motion passes  
9 unanimously.

10 CHAIRMAN PAREKH: The Board votes to approve  
11 continued entitlement for Crystal Plummer.

12 DR. LIEDERS: Lieders, I second the motion.

13 ATTORNEY CIESLAK: Any further discussion?  
14 There being none, all in favor say aye.

15 DR. LIEDERS: Lieders, aye.

16 DR. NOVA: Nova, aye.

17 CHAIRMAN PAREKH: Parekh, aye.

18 ATTORNEY CIESLAK: The motion passes  
19 unanimously.

20 CHAIRMAN PAREKH: The Board votes to approve  
21 continued entitlement for Nathan Robinson.

22 DR. LIEDERS: Lieders, I second the motion.

23 ATTORNEY CIESLAK: Any further discussion?  
24 There being none, all in favor say aye.

25 DR. LIEDERS: Lieders, aye.

1 DR. NOVA: Nova, aye.

2 CHAIRMAN PAREKH: Parekh, aye.

3 ATTORNEY CIESLAK: The motion passes  
4 unanimously.

5 CHAIRMAN PAREKH: The Board votes to deny  
6 continued entitlement for Julio Ruiz.

7 DR. LIEDERS: Lieders, I second the motion.

8 ATTORNEY CIESLAK: Any further discussion?  
9 There being none, all in favor say aye.

10 DR. LIEDERS: Lieders, aye.

11 DR. NOVA: Nova, aye.

12 CHAIRMAN PAREKH: Parekh, aye.

13 ATTORNEY CIESLAK: The motion passes  
14 unanimously.

15 CHAIRMAN PAREKH: The Board votes to approve  
16 continued entitlement for Cynthia St. Paul.

17 DR. LIEDERS: Lieders, I second the motion.

18 ATTORNEY CIESLAK: Any further discussion?  
19 There being none, all in favor say aye.

20 DR. LIEDERS: Lieders, aye.

21 DR. NOVA: Nova, aye.

22 CHAIRMAN PAREKH: Parekh, aye.

23 ATTORNEY CIESLAK: The motion passes  
24 unanimously.

25 CHAIRMAN PAREKH: The Board votes to table the

1 decision for continued entitlement for Lisa Suarez.

2 DR. LIEDERS: Lieders, I second the motion.

3 ATTORNEY CIESLAK: Any further discussion?  
4 There being none, all in favor say aye.

5 DR. LIEDERS: Lieders, aye.

6 DR. NOVA: Nova, aye.

7 CHAIRMAN PAREKH: Parekh, aye.

8 ATTORNEY CIESLAK: The motion passes  
9 unanimously.

10 CHAIRMAN PAREKH: The Board votes to approve  
11 continued entitlement for Magdalena Valentine-  
12 Campos.

13 DR. LIEDERS: Lieders, I second the motion.

14 ATTORNEY CIESLAK: Any further discussion?  
15 There being none, all in favor say aye.

16 DR. LIEDERS: Lieders, aye.

17 DR. NOVA: Nova, aye.

18 CHAIRMAN PAREKH: Parekh, aye.

19 ATTORNEY CIESLAK: The motion passes  
20 unanimously.

21 CHAIRMAN PAREKH: The Board votes to approve  
22 continued entitlement pursuant to the Memorandum of  
23 Understanding of August 6, 2025 for the following  
24 individuals James Bowe, Enrique Camacho, Cheryl Cyr  
25 Sparks, Stephen Day, Jonathan Encarnacion,

1 Iceypheen McClain, Linda Renfro and Jefte Vasquez.

2 DR. LIEDERS: Lieders, I second the motion.

3 ATTORNEY CIESLAK: I'll just note that Dr.  
4 Parekh, I think you just misstated that. The year  
5 for the Memorandum of Understanding as 2025. The  
6 year is 2015 on that date.

7 Other than that, any further discussion? There  
8 being none. All in favor say

9 DR. LIEDERS: Lieders, aye.

10 DR. NOVA: Nova, aye.

11 CHAIRMAN PAREKH: Parekh, aye.

12 ATTORNEY CIESLAK: The motion passes  
13 unanimously.

14 CHAIRMAN PAREKH: I make a motion to adjourn  
15 the meeting.

16 DR. LIEDERS: Lieders, I second the motion.

17 ATTORNEY CIESLAK: Any discussion? There  
18 being none, all in favor say aye.

19 DR. LIEDERS: Lieders, aye.

20 DR. NOVA: Nova, aye.

21 CHAIRMAN PAREKH: Parekh, aye.

22 ATTORNEY CIESLAK: The motion passes  
23 unanimously. We are adjourned. Thank you,  
24 everyone.

25 (Meeting adjourned at 11:41 a.m.)

REPORTER'S CERTIFICATE

I, the undersigned, do hereby certify that the foregoing is, to the best of my skill and ability, a true and accurate transcript of the meeting of the State of Connecticut Employees' Retirement Commission, Medical Examining Board, held on September 17, 2025.

*Wendy Malitsky*

Wendy Malitsky, Notary Public

My Commission expires March 2030