

Weston EMS Profile: Goldenberg committed to safety

Written by Susan Jordan, Weston EMS
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Mark Goldenberg moved to Weston in 1994. He remembers working in the city during that time and getting up at 5:20 to commute. He was then working as a chiropractic neurologist with sports and neurological injuries.

Dr. Goldenberg remembered, "It was in 2000 that we had a turning point in the family with a diagnosis of learning disabilities. I decided then that I would devote my professional life to helping these children."

From that point on, Dr. Goldenberg worked on understanding the neurobehavioral disorders of children and the workings of the brain. "By looking at the underlying causes of the learning problem," he explained, "we see that it is often a problem with the way the brain is maturing ... one side more slowly than the other. It's well documented in research. I decided to devote my practice to working with these brain imbalances ... and doing it with a drug-free approach."

Dr. Goldenberg's approach is called Hemispheric Integration Therapy. He uses sensory activities, motor activities and dietary changes to restore harmony between the two spheres of the brain.

Dr. Goldenberg recently had his first paper published in The Journal of Functional Neurology, Rehabilitation and Ergonomics that shows the efficacy of this drug-free approach.

"I got involved with Weston EMS because of a medical emergency in my own family," Dr. Goldenberg explained. "My son slipped in the locker room and cut his head on a mirror. I got a call to meet my wife and son at Norwalk Hospital. I was impressed with the how well cared for he was by the EMS people who brought him to the hospital. Weston EMS had done a really professional job. I wanted to be part of that organization!"

Dr. Goldenberg feels strongly about the importance of Weston EMS in the community.

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"I don't think people realize the amount of time and energy involved in keeping our community safe. There are so many people in the infrastructure even in this small town. And I think we do it pretty seamlessly. We are all volunteers so there's a great amount of caring going into what we do because we really want to do it."

It's not surprising that Dr. Goldenberg has one son who is studying pre-med in college. His other son is in Weston Middle School.

"My wife is really busy," Dr. Goldenberg said proudly. "She's a substitute teacher at Landmark in Westport and teaches yoga at the Wilton Y and the Montessori School. She also teaches Tai Chi to seniors in Easton."

Dr. Goldenberg's position on Weston EMS is also no surprise: He is the safety officer.

"It's my job to keep people on the squad safe — which means I have to keep up with the latest requirements for safe practices and the latest in equipment safety," he said. "Those safety measures also keep the community safer. For example, we just purchased a state-of-the-art pediatric transport system that gets strapped onto our gurney for transporting children. Parents should feel good knowing that Weston EMS has the safest system available."

Keeping the community safe and injury-free is an important theme for Dr. Goldenberg, from the smaller community of Weston EMS to the larger community of the town of Weston.

"We all have jobs and busy lives but all of us feel a commitment to serve on Weston EMS. Just think, while you're sleeping we're keeping you safe because we want to," Dr. Goldenberg said.

With that kind of commitment, everyone should rest a little easier.