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Ob Hospitalist Group clinician testimonial



Taking the Leap on a Lifelong Dream

By Kristine Hartvigsen

When Labor & Delivery staff at Bellevue Woman's Center learned that Ob Hospitalist Group Team Lead physician Dr. Dympna Weil had spent much of her life competing in Irish dance, visions of Riverdance came to their minds, and they begged her for a performance.

"It's true. I have been asked to dance on the unit," she said. But the truth is that Dr. Weil (Dympna is a Gaelic name pronounced "dimp-na" after a Catholic patron saint, and Weil is pronounced "while") had longed to return to her dance roots by opening an Irish dance school. It was a dream she eventually would alter her career path to achieve.

"I was increasingly having that sense that I needed to make a change," she explained. Working in OB/GYN private practice left her less and less time for family, let alone dancing. And her 6-year-old daughter, Cadhla (pronounced "Ky-lah"), was



yearning to expand her dance horizons. She'd been receiving informal lessons at home, but something was missing.

"While I can certainly teach her the steps," Dr. Weil told a reporter for The Saratogian, her hometown newspaper, "so much of the fun of the dance is the community aspect, the group interactions and group dances. This is how children learn."

Browsing American College of Obstetricians and Gynecologists (ACOG) publications, Dr. Weil noticed a recruitment ad for Ob Hospitalist Group. "I thought, what a cool concept," she said. "I was looking for balance. I wanted to do what I trained to do professionally but also not miss out on my daughter's growing up."

Having been a competitive dancer since age 3, she also missed Irish dancing. "I hadn't danced since residency," she said. "It had been more than 10 years."

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– Dr. Dympna Weil
Team Lead physician Ob Hospitalist Group



Between college and medical school, Dr. Weil took a year off and studied for her Irish dance teacher's certification (TCRG, or Teagascóir Choimisiúin le Rinci Gaelacha, which is Gaelic for Commission Certified Irish Dance Teacher). Once certified, she taught dance at her aunt's school on Long Island while attending the New York University School of Medicine.

Dr. Weil made the leap from private practice to OBHG hospitalist medicine in March 2016 and opened her dance school – Mise Eire Irish Dancers in Saratoga Springs – in September 2016. "Mise Eire" is a Gaelic term that translates to "I am Ireland." Effective word-of-mouth publicity quickly built an inaugural roster of more than 10 students. Several nurses at the hospital asked about classes, and Dr. Weil said she probably would begin teaching adults in the new year.

"There is nothing like dancing," she added. "I have tried over the years walking and running. I have not found anything that I enjoy as much as Irish dancing. You get such a good workout."

Dr. Weil is extremely satisfied with her move to OBHG hospitalist medicine.

"I feel so much more contented and happy," she said.

"It's a wonderful feeling. I am just so grateful for having this opportunity. It makes a huge difference in my family. It's been a big game-changer."

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