

Meet Our Team



**Shreyas
Desai**

Doctor



**Havish
Sarma**

Doctor



**Gayle Voight-
Block**

Nurse Practitioner



**Christina
Connelly**

Nurse Practitioner



**In Loving
Memory of**

Mary Szymaszek

Serving Northwest Indiana for 38 years

Our team of experienced medical professionals have been serving communities in the Northwest Indiana region since 1987. New Beginnings serves patients in Portage, Indiana as well as surrounding communities here in Northwest Indiana.

New Beginnings saves lives with medication-assisted treatment for opioid and alcohol dependence. Our physicians properly prescribe FDA-approved medications for alcohol addiction including buprenorphine (Suboxone, Subutex). Reach out to our friendly staff today for more information or to schedule an appointment!

SHREYAS DESAI, M.D.

Shreyas Desai is certified in Internal Medicine. He has been in practice for 45 years practicing at Methodist, St. Mary, and Pinnacle hospitals.

He completed his training in Internal Medicine from Mount Sinai University. He went on to complete his Oncology training at Northwestern University.

Dr. Desai has experience in internal medicine, geriatric medicine, and the treatment of substance abuse. He places high value on individualized and continuity of care, strong family values, and preventative medicine.

Dr. Desai currently resides in Northwest Indiana. He is a father and grandfather with 5 grandchildren and 3 children. His children also work in medicine and law. Being part of the community has inspired him to make a positive impact on others and their health.



Education

- Mount Sinai University
- Northwestern University (Oncology)

Experience

- 45 years
- Methodist Hospital
- St. Mary Hospital
- Pinnacle Hospital

HAVISH SARMA, D.O.

Dr. Sarma grew up in the Northwest Indiana region and has been practicing in the area for nearly a decade. He attended Loyola University for his undergraduate studies in psychology. Thereafter, he completed his medical school at LECOM in Bradenton, Florida. Upon completing his residency in Internal Medicine at Swedish Covenant Hospital on the north side of Chicago, he joined the practice.



Dr. Sarma is interested in a wide array of internal medicine subspecialties including diabetes and hypertension. He is also interested and enthused in geriatric health consultation. Dr. Sarma is the medical director of two nursing homes and a hospice facility. He also treats depression and substance abuse disorder.

Education

- Loyola University
- LECOM

He and his wife enjoying spending time with their two young children. In addition, he is an avid sports and music fan and enjoys travel during his time away from work.

Experience

- 10 years
- Swedish Covenant Hospital

GAYLE VOIGHT-BLOCK



Education

Experience

CHRISTINA CONNELLY, N.P.

Christina Connelly is a certified Family Nurse Practitioner. She obtained her Bachelor's Degree in Nursing from Indiana University. She went on to complete her Master's Degree at Indiana Wesleyan University graduating in 2015.

As a Family Nurse Practitioner, she has practiced in a variety of inpatient and outpatient settings. She has also integrated telemedicine into her practice. Christina has experience in critical care, as well as a special focus in obesity medicine, the treatment of opiate dependence, and geriatric medicine. She places high value on individualized care, strong family values, and preventative medicine.

Christina was born and raised in Northwest Indiana and currently lives in Valparaiso with her husband and youngest daughter. Being part of the community herself, has inspired her to make a positive impact on others and their health.

In her spare time Christina enjoys spending time with her eldest sons, exploring the Dunes State Park, traveling, snorkeling and exercise of any kind.



Education

- Indiana University
- Indiana Wesleyan University (Masters)