April National Community Service Protocol:
Healthy People, Healthy Fairs

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"We all have dreams. But, in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

~ Jesse Owens
Dear Region FiVe,

Thank you for trusting me as your Regional Director over the past 2 years. It has been an absolute honor and pleasure to serve you all. Thank you for helping me grow and develop as a leader while building lifelong relationships and friendships with you all. There is truly no place in the world like the space that SNMA has created for us, and I could not imagine being a part of any region other than The Empire. I wish you all much success and joy over the next two years and look forward to seeing you all at RMEC and AMEC next year.

Thank you for a great term, best wishes and lots of love!

Yours in SNMA,

Candace Acuff
MD Candidate, 2023
Wayne State University School of Medicine
Region V Director, 2021-2023
Student National Medical Association
Email: region5director@snma.org
Hello Region 5 Family!

It has been an honor to serve as your Assistant Regional Director for 2022-2023. It has warmed my heart to see all of you Chapter Presidents growing and glowing as leaders. You all have also helped me grow as a leader and I can honestly say that this year has been one of my favorites within the SNMA so far. I hope you all are continuing to take care of yourselves and hope you finish your years off strong! I will still be around now serving as your National Vice President so please do not be a stranger.

❤

Best Regards,

Adefolarin Alade
M.D. Candidate | Class of 2024
Michigan State University College of Human Medicine
National Vice President 2023-2024
Assistant Regional Director 2022-2023
Each year we look forward to the empowering and dynamic "family reunion" that is AMEC. This year the conference was sold out as students and physicians traveled from across the country to Hartford, Connecticut. We left feeling inspired by graduating fourth year, our keynote speakers and plenary leaders, our outgoing National President, and countless others. We are grateful for the exhibitors and SNMA Alum that took time to speak with us. Thank you to Region 7 for hosting us. We can't wait to see what next year is like as we celebrate the 60th year of the SNMA in New Orleans, Louisiana. Until then, check out some of our highlights featuring our D.O. students, student researchers, graduating MAPS members, HOD delegates, and many more.
Community Service Corner

National D.O. Day of Service

During National Osteopathic Medicine Week, students from osteopathic medical schools across the country participate in a day of service. Students come together to do something for the greater good of their communities. In some areas, that may include a health fair where students are able to perform osteopathic manipulation on patrons. In other areas, it may involve a city-wide trash pick up or volunteering at a local food pantry (pictured left, OU HCOM Athens SNMA members).

Healthy People, Healthy Fairs

The Student National Medical Association prides itself on identifying and addressing the needs of our communities. One of the community service components held during the Annual Medical Education Conference (AMEC) was a Health Fair for members of the community. Representatives from UConn's dental and medical schools were present as well as SNMA members that signed up to volunteer. Healthy snacks, toothbrushes, and toothpaste were given as part of the initiative to promote healthy living.

Please contact our Regional Community Service Liaison, Rebekah Russell, at region5csl@snma.org with questions.
What drew you to osteopathic medicine?

When I was researching medical schools, I had never heard of an osteopath... As I started to read about the core tenets of osteopathic medicine, and seeing the person more than just the disease process, it resonated with me. From the interactions that I had with the medical system growing up, I knew very well that a lot of times we were not seen as a whole person and that was a problem. That was when I made the decision and I only applied to osteopathic medical schools.

How would you advise us to approach potential mentors and create a strong mentorship relationship?

A student approached me the other day and asked if I had 10 minutes because she is interested in OB/GYN and she wants to talk about it... She asked me if I would be willing to be a mentor to her. My first question was ‘What does that mean to you? What is the role of a mentor to you?’ Because I don't want to sign up for something where I can't meet your level of expectations. So you want to make sure that you're direct and clear in what you're asking for... The other thing I would say is to not be offended if you ask someone to be your mentor and they say they can't do that at the moment. It's not personal, people who are asked to be mentors are typically people who are already involved in so many places. So when you're asking somebody to be your mentor, just understand how valuable time is. If they can commit to it, then you need to show up ready.

How do you balance, your leadership life, your family life and your consultant life?

I don't think of it as balance...but as harmony instead. It works together, so sometimes the Altos are showing out more and sometimes it's the Sopranos. There's a melody to it... The key is to communicate to people that ‘this thing is going on and I'm going to be out of commission for a couple of days’ and to make sure that things are in place for you to leave. Also, I just try to say yes to things that really mean something to me, because time is finite. There's only so much you can do... and sometimes you have to say no to some really great things.

To hear more of Dr. Mattison's interview with our Regional Osteopathic Chair, Paola Kamga, visit our YouTube Channel: SNMA Region V The Empire.
Match Day!
SNMA REGION V

Congratulations to everyone that matched into a residency program this cycle! We are beyond happy for you and are so proud of all that you have accomplished!

We look forward to seeing all of the amazing things that you will do throughout your careers.

To see more of our Match Day highlights, click here.

Congratulations to everyone that matched into a residency program this cycle! We are beyond happy for you and are so proud of all that you have accomplished!

We look forward to seeing all of the amazing things that you will do throughout your careers.
Announcement

SNMA REGION V

Region V Osteopathic Big Sib & Little Sib Program

APPLYING TO MEDICAL SCHOOL?

WANT TO LEARN MORE ABOUT THE OSTEOPATHIC SCHOOLS IN MICHIGAN, OHIO OR INDIANA?

We have launched our Osteopathic Sib Program. You can find the contacts of current osteopathic medical students by visiting the link on our linktree page.

Email our Osteopathic Chair, Paola Kamga, at region5osteopathic@snma.org with any questions.
Regional Leadership Institute (RLI)

Saturday, August 26, 2023
Hosted by

in Grand Rapids, Michigan
2023 Upcoming Regional Conferences
SNMA Region V

Regional Medical Education Conference (RMEC)

September 29-31, 2023
Hosted by

Boonshoft School of Medicine
Wright State University

in Dayton, Ohio
Thank you to everyone who attended AMEC in Hartford, CT!
Please take this survey to give feedback about your experience!

We look forward to seeing you all again next year.

National Leadership Institute (NLI)
June 23-25, 2023
Stay tuned for more information

Annual Medical Education Conference (AMEC)
Spring 2024
New Orleans, LA
Stay tuned for more information!
Opportunities
National

Your Story Matters and Grand Rounds!

Now Accepting Submissions!

The SNMA Publications Committee is looking for medical students, residents, and physicians particularly those who have served as leaders within SNMA or those who comprise our SNMA alumni to share their story.

Questions?
PUBLICATIONS@SNMA.ORG

Share your story today by scanning the QR code on the flyer or by clicking here. Selected submissions will be shared on the national SNMA website.

BLACK & LATINO MEN IN MEDICINE
2023 CONFERENCE

Saturday, 29 April 2023
9:00 AM to 1:30 PM EST
In-Person and Virtual

Lessons from Our Past and Vision Toward Our Future

CONFEREN CE SESSIONS
- KEYNOTE PRESENTATION
- CONCURRENT SMALL GROUP SESSIONS
- CELEBRATION OF SCIENCE AND LEADERSHIP IN MEDICINE (SLIM) STUDENTS

Keynote Speaker

THE HONORABLE LOUIS W. SULLIVAN, M.D.
Former United States Secretary of Health and Human Services
Founding Dean, Morehouse School of Medicine

REGISTRATION

More Information
BLIMM.com
844-962-5807

Apply to be a medical student ambassador

fem in PEM 2023

FeminPEM 2023 is looking for motivated, enthusiastic medical students to be ambassadors for the 3rd annual FeminPEM conference

Student Ambassador benefits:
- One-on-one academic and career mentoring
- Meet & network with PEM providers from across the country
- Attend the 2023 FeminPEM conference FREE of charge!
- Earn a certificate from the FeminPEM Committee Chair for your Dean of Student affairs

Student Ambassador responsibilities:
- Participate in monthly conference planning meetings
- Promote the conference via social media
- Help with conference logistics, registration, Q&A
- Assist with CME content creation
- Attend the conference and pre-conference networking events on September 21 and 22, 2023

Apply today!
https://feminem.org/events/feminem-2023/
Opportunities

National

Diversity and Inclusion in Surgery - Colorectal Opportunity in Research

This research-intensive summer training program is for medical students from diverse backgrounds and experiences interested in pursuing surgical careers. Accepted students will be matched with one of two universities for a mentored colorectal surgery research project.

SUMMER TRAINING PROGRAM
JUNE 19 - JULY 14, 2023

For more information:
fascsrs.org/my-fascsrs/foundation/grants-awards

Stanford University

University of Michigan

Clinical Shadowing & Mentorship Program

The Clinical Shadowing and Mentorship Program (CSMP) seeks to address and overcome the systemic barriers that interfere with access among premedical students who are underrepresented minorities in medicine (URM) to providing them with clinical exposure, culturally sensitive guidance, collective mentorship, research, and professional development training as they pursue medical school admission and careers as future physicians.

Apply to Become a Student Mentor:
- Group Mentoring:
  - Provide 90 Minutes of interactive mentoring to premedical students (mentees)
- Individual Coaching:
  - Assist students with medical school applications, interviews, etc.
- Enhance:
  - Leadership Skills
- Receive:
  - Mentorship Training
  - Information on the Best Practices for serving people of color
- Get Involved (optional):
  - Service Projects
  - Research
  - More
- 8 Month Program

Program Begins: August 1st, 2023
Contact Us: kaiserefellow@sonoma.org
Apply Here: https://sonoma.edu/undergraduate/clinical-mentorship/apply

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Apply to Become a Mentee:
- Monthly 1 hour one-on-one sessions with a physician mentor
- Monthly sessions with current Medical Students
- Monthly professional development training
- Monthly Virtual Shadowing
- 9 Month Program

Program Begins: August 1st, 2023
Contact Us: kaiserefellow@sonoma.org
Application Deadline: May 15, 2023 @ 11:59pm PST
Informational/Q&A: April 11TH @ 7pm EST
Zoom: 863 3717 2793

Program Begins: August 1st, 2023
Contact Us: kaiserefellow@sonoma.org
Application Deadline: May 15, 2023 @ 11:59pm PST
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Graduation Stoles
SNMA REGION V

Order your graduation stole today!

Represent our region with a SNMA stole.

$28 + shipping
If ordering more than 1 stole, shipping is flat rate $9.65

Click here to order yours today!

Contact our treasurer, Dami Olufosoye at region5tresaurer@snma.org with questions.
SNMA REGION V
AWARDS

...and the award goes to...

SNMA Chapter of the Year:
Case Western Reserve University SOM

SNMA Chapter President of the Year:
Obarikanemi Nwogu, OU HCOM

SNMA Chapter Member of the Year:
Sarah Fagbamigbe, OU HCOM

MAPS Chapter of the Year:
Indiana University - Bloomington

MAPS Chapter President of the Year:
Chutavion Walker, IU-Bloomington

MAPS Chapter Member of the Year:
Britney Nilli, IU-Bloomington

Thank you all for your hard work and dedication toward advancing the mission of the SNMA this academic year.
Fill out this form

Want something featured in the newsletter?*

*Deadline for the next newsletter is Sunday, August 28 at 11:59 PM

We can always be better.
Help us by filling out our
Anonymous feedback form

If you have any questions or comments about the newsletter, please reach out to the Assistant Regional Director at region5ard@snma.org
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This newsletter was created by the 2022-2023 Region V Technology Director and Assistant Regional Director.