Happy New Year!

SNMA Region 5
The Empire Newsletter
January 2023 Edition

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“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”

- Audre Lorde
Welcome to Region V

Region V is the home of 16 SNMA and 22 MAPS chapters in Indiana, Michigan, and Ohio. Within our region, we uphold the mission of the SNMA to the fullest by supporting current and future underrepresented minority students, addressing the needs of the under-served communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians.

Our region strives and continues to serve as the leaders within the organization as well as within their respective communities. From advocacy to community service to mentorship, the opportunity to bolster and radiate success is common within our region. Region V is always looking for diligent and innovative student leaders to enhance the goals of the region. If you would like to be involved, please don't hesitate to contact one of our regional board members. They can explain their duties, how you can become more involved with the region, and the benefit of serving the Region and the SNMA.

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
Meet Aliah McCalla, Regional Director Elect

Why did you choose to be a part of SNMA?

"I am passionate about progressing the current initiatives of SNMA. Additionally, I am driven to assist in the development of opportunities to improve medical education and retention of underrepresented minorities in medicine in the United States. Through the continued fortification and development of pertinent SNMA initiatives, we can facilitate necessary changes to continue to progress medicine and health care in the United States!"

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WHERE IS YOUR HOMETOWN?
TORONTO, ONTARIO, CANADA

CURRENT CAREER INTEREST?
OPHTHALMOLOGY AND RADIOLOGY

FUN FACTS!

I COMPLETED CULTURAL EXCHANGES TO LEARN FRENCH!

I COMPLETED MY ENGINEERING DEGREES AND WORKED AS A SYSTEMS ENGINEER AND DEVELOPER BEFORE ENTERING THE FIELD OF MEDICINE.

I THOROUGHLY ENJOY THE ARTS; I SPENT MANY YEARS DANCING (BALLET AND SALSA) AND PLAYING CLASSICAL PIANO.
Why did you choose to be a part of SNMA?

"I choose to be involved in SNMA because I strongly believe in doing meaningful work as it pertains to both students of color and communities often underserved in medicine. It is easy for one to say, “I’ll do the work when I get to my final destination”, but I learned from a mentor that if one does not start the work now, they’ll make excuses later. SNMA is important to me because it paves the way for current and future generations to break barriers, to diversify the face of medicine, and to become agents of change in their communities. Whether one is passionate about advocacy, health policy, community service, social justice or creating more opportunities for clinical experience amongst medical students, there is space to do good work. Because of SNMA I am a better student, leader, collaborator, and future physician. I look forward to what comes next through my involvement with the SNMA."

WHERE DO YOU GO TO MEDICAL SCHOOL?

WRIGHT STATE UNIVERSITY
BOOJSHOFF SCHOOL OF MEDICINE

WHERE DID YOU ATTEND UNDERGRAD?

THE UNIVERSITY OF TEXAS AT AUSTIN

WHERE IS YOUR HOMETOWN?

HOUSTON, TEXAS

CURRENT CAREER INTEREST?

ORTHOPEDIC SURGERY

FUN FACTS!

I HAVE A FRATERNAL TWIN SISTER.

I’VE TAKEN A PICTURE WITH A PENGUIN.

I PERFORMED IN MULTIPLE PLAYS AND MUSICALS UP UNTIL COLLEGE.
The OUWB chapter held multiple events during the fall including Be The Match campaign awareness, soup kitchen volunteering, and health education at a local elementary school.

Wayne State University School Of Medicine

This chapter helped organize and execute their 32nd annual Reach Out to Youth Program (ROTY). ROTY is a free program offered to Detroit area children between ages 7-11, and their parents, to attend a Saturday program of incredible workshops designed to motivate youth into a career in the medical profession. This program targets students underrepresented in the fields of science and medicine; specifically, those of African American, Latin American, and Native American descent. This year’s theme was “Bacteria is Mean, Keep It Clean with Healthy Hygiene”, which included sessions involving Clinical Skills, Hand-Washing + Germs & Hygiene, Infections and Disease + Eat a Germ, Prevention & Barriers + Mucus, and more. There were over 80 Medical student volunteers and 75 youth participants!

University of Toledo College of Medicine Highlights

November Smoking Prevention and Cessation program with Raymer Elementary School.
Our pre-medical and medical students held a host of events throughout the fall semester ranging from mentorship to volunteering at wellness walks to serving at food banks to educating the community about Sickle Cell Disease. Check out these highlights from MAPS and SNMA chapters across The Empire.
Joselyn Hines
Ohio University Heritage College of Osteopathic Medicine - Cleveland

What is your background? I am from Cleveland, Ohio. I attended Ohio University for undergrad and majored in Psychology on the pre-medicine track. I am currently a fourth year student at Ohio University Heritage College of Osteopathic Medicine’s Cleveland Campus.

Why did you choose osteopathic medicine? I served as president of the Minority Association of Pre-Medical Students in undergrad and had a very close relationship with the SNMA chapter at the osteopathic medical school at OU. After learning more about the holistic approach to patient care with emphasis on the biopsychosocial factors and interconnection of the mind, body, and spirit, I felt like osteopathic medicine really aligned with my values as a person and interest in medicine.

What are some of your most meaningful extracurricular activities? Being involved in the local community is something that is very important to me. I don’t just want to be a physician but rather, a physician advocate, advocating for marginalized populations and being an active member of urban, underserved communities. I volunteer every month with It’s Your Time to S.H.I.N.E. which is a non-profit organization that helps provide hurting women and children with essential resources in Cleveland, Ohio. I participate in health fairs and panels with my sorority Alpha Kappa Alpha Sorority, Inc. I know how important the impact of strong mentorship is and would not be this far without good mentors. I actively mentor those interested in medicine through the Minority Association of Pre-Medical Students, and mentor high school and middle school girls in Cleveland to help them achieve their dreams, have social support and positive role models.

How did you get involved in research? Do you have any publications? I was interested in health disparities and how social determinants of health are lived and embodied by vulnerable patient populations, particularly Black women. I reached out via email to one of the amazing faculty members at my medical school, Dr. Sarah Rubin, after hearing a lecture by her and inquired about joining her research project that looked at the impact of chronic stress on the health disparity of maternal mortality rates in Black and white women in Cleveland, Ohio which aligned with my interests.

I have two major publications. I co-authored an article with our Chief Inclusion Officer, Dr. Tanisha King which was an invitation from the American Medical Association (AMA) journal of Ethics to discuss how lived experiences of racism count in the medical school admission process. My other article with my research advisor Dr. Sarah Rubin in Culture, Medicine and Psychiatry focuses on Risk and Resistance in Black Maternal Embodiment. This is the research project that I have been involved in all four years of medical school. Both articles required lots of research and a revision process as they were peer-reviewed journal articles. It took about 6 months-1 year for the articles to be published.

What specialty are you interested in? I am currently applying to psychiatry residency. I am interested in women’s mental health and reproductive psychiatry, child and adolescent psychiatry, stigma in minority communities and academic medicine to increase Black representation in medicine.

As an OMS-IV, what advice do you have for other students pursuing this specialty? Do not neglect your own mental health in this process. Find your passion and pursue it. Find mentors in the field. Do not be afraid to reach out to people that you see doing what you would love to do. Pay it forward and mentor others.

What do you do in your free time? Zumba, Watch Law & Order SVU & Grey’s Anatomy
Pre-Medical students, please join us for an osteopathic series focused on medical school admissions.

FROM THE OFFICE OF ADMISSIONS: AN OSTEOPATHIC SERIES

**JAN 24**
MICHIGAN STATE UNIVERSITY COLLEGE OF OSTEOPATHIC MEDICINE (MSU COM)
5 pm with Craig Boyd, Admissions Counselor

**FEB 2**
OHIO UNIVERSITY HERITAGE COLLEGE OF OSTEOPATHIC MEDICINE (OU HCOM)
5 pm with Jill Harman, Senior Director of Admissions & Recruitment

**FEB 16**
MARIAN UNIVERSITY COLLEGE OF OSTEOPATHIC MEDICINE (MU COM)
5 pm with Richard Nussle, Director of Admissions

@snmaregion5
@region5snma

All sessions will be hosted virtually. Follow us on Instagram and Twitter for live updates. Contact our Regional Osteopathic Chair, Paola Kamga with questions at region5osteopathic@snma.org.
Regional Medical Education Conference (RMEC)

Fall 2023
Hosted by

Boonshoft School of Medicine
Wright State University

in Dayton, Ohio
Annual Medical Education Conference (AMEC)

April 5-9, 2023
Hosted by SNMA Region 7 in Hartford, Connecticut

Click here for more information!

Hotel rooms are filling quickly. A new hotel room block has been added at

Holiday Inn Hartford
100 East River Drive, East Hartford, CT 06108
Room Rate: $129.00 Single/Double plus 15% state tax
Cancellation: 24 hours in advance of arrival
Cutoff: 3/20/2023
Other Info: Guests can also call 877-834-3613 and ask for the Student National Medical Association group block or use Group Code SNM.

Click Here to Book Your Room
2023 Upcoming National Conferences
SNMA REGION V

Register Today!
SNMA MENTORSHIP OPPORTUNITY

From Traditional to non-traditional pre-meds, the medical school admissions process is a learning process and a challenge to navigate without proper guidance. The National MAPS Committee launched the Medical School Admissions Mentorship Match to connect URM medical school applicants with medical student and physician mentors. Mentors can sign up to help applicants with their primary application, secondary application, and/or interviews.

I encourage you to share this mentorship initiative with your chapter members and faculty at your institutions to sign up as mentors. We hope to continue seeing an upward and impactful trend in URM representation for incoming medical school classes.


SNMA GRANTS SUBCOMMITTEE: CALL FOR VOLUNTEERS!

In this subcommittee we work to build institutional partnerships and acquire capacity-building and research-focused grants that further our collective goal of achieving true health equity and improving research and educational access for students of color. Meetings occur every two weeks, with an additional meet with executive leadership once per month.

If you’d be interested in being a part of our subcommittee, please fill out this interest form.
Opportunities
SNMA REGION V

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?
Publicationsvc@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.

Manuscript guidelines and other details can be found here or by scanning the QR code on the flyer.

Deadline is January 19, 2023.
Opportunities
SNMA REGION V

Become a National Board Member!
Applications are open for the 2023–2024 election season and all materials can be found by visiting snma.org/page/electionscommittee. The Elections Committee looks forward to reviewing your applications!

Applications are due no later than January 22nd, 2023 at 11:59PM EST.
Apparel
SNMA REGION V

Represent our region with a SNMA stole.

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

Order yours today!

Contact our treasurer, Dami Olufosoye at region5tresaurer@snma.org for more information.
JANUARY 2023 ISSUE

SNMA REGION V

SNMA Chapter of the Year Points

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WANT SOMETHING FEATURED IN THE NEWSLETTER?*
*DEADLINE FOR THE NEXT NEWSLETTER IS SUNDAY, AUGUST 28 AT 11:59 PM

Fill out this form

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.