March 2023

The Empire

SNMA Region V Newsletter

March Community Service Protocol:
Violence Prevention & Women's Health

Regional Community Service:
National Nutrition Month

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"The only way you can grow is to let yourself make mistakes and create contradictions. As we learn new things, some of our old attitudes will change."

- Nikki Giovanni
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
Why did you choose to be a part of the SNMA?

I chose to become a member of the SNMA during my time as a graduate student. During this time I got to see how the organization was able to create opportunities and affect meaningful change first-hand. In a field where mentorship and all-around support are extremely important, I feel like the SNMA fulfills that need for so many, myself included. Through this organization, I’ve been able to take on leadership roles, participate in community service initiatives and actively lift as I climb. I completed my undergraduate degree in Canada, and while I received a great education, I feel like this organization or something like it could have made a huge difference to me at that time.

Vissy Elad
Second-year Medical Student

Medical School:
Northeast Ohio Medical University

Undergraduate Institution:
The University of Guelph

Hometown:
Mississauga, Ontario, Canada

Current Career Interest:
Dermatology
This month we continue to feature our members as they embody Black excellence in the classroom, clinic, community, and everywhere in between. Here we feature 3 chapters and spotlight national members including our National President and Past Region V PAL as they traveled to Washington, D.C. for Advocacy Day.

On February 27, underrepresented medical students from across the country rallied together on Capitol Hill in Washington, D.C. to learn about the legislative processes and advocate for health policy change. Our HPLA team, met with congressional officers and discussed the upcoming bills.

Thank you to our National HPLA committee for their leadership, hard work, and dedication to health policy.

Advocacy Day on the Hill

Jasmine Robinson, 4th year medical student at Case Western University COM and previous Region 5 Political Advocacy Liaison (PAL), is one of the current co-chairs of the HPLA committee. She played an integral role overseeing advocacy programming for the SNMA and worked closely with HPLA conference planning co-chairs, Region 6 PAL, Region 6 Director, and local SNMA members. With support from our National SNMA President and Vice President, they were able to carry out a successful advocacy forum and push for positive change in health policy.
Celebrating Women's History Month!

March is Women's History Month. “These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.”

This month Region V will be highlighting women in medicine ranging from historical pioneers to outstanding leaders in our organization to those in male-dominated medical specialties.

On Wednesday, March 8, we celebrated International Women's Day.

This day historically serves as a day of recognition for women regardless of their backgrounds and brings attention to issues regarding gender inequality, reproductive rights, and violence against women.

Support all women.
Believe all women.
Respect all women.
Student National Medical Association (SNMA) Region V will be participating in National Nutrition Month for our Spring regional service focus. National Nutrition Month is an annual nutrition education program created by the Academy of Nutrition and Dietetics. This initiative encourages individuals to make informed food choices and to develop health promoting eating and physical activity habits. The Academy of Nutrition and Dietetics has outlined weekly messages that can guide organizations in their efforts:

Week 1 – Eat with the environment in mind
Week 2 – See a Registered Dietitian Nutritionist
Week 3 – Stay nourished and save money
Week 4 – Eat a variety of foods from all food groups, and Week 5 – Make tasty foods at home.

We encourage chapters across our region and nationally to serve their communities this March in honor of National Nutrition Month. More importantly, we challenge our chapters to serve their community by addressing barriers that individuals and families may face in accessing nutritious foods and creating physical activity habits. Ways that you can address barriers to nutrition:
1. Volunteer at your local food bank.
2. Volunteer at a soup-kitchen or other local food sourcing sites.
3. Implement a food donation drive.
5. Collaborate with the community to create gardens.

Please contact our Regional Community Service Liaison, Rebekah Russell, at region5csl@snma.org with questions.
OU HCOM hosted their annual Medical Student for a Day on February 18 across the 3 campuses. Nearly 100 underrepresented minority students came out to all three campuses to experience what a day in the life of an OU HCOM student. They heard from representatives from our major offices including Admissions and Diversity and Inclusion. Participants learned about our pipeline programs such as Summer Scholars, Post Bacc and Summer Research programs. They were also able to experience different clinical labs such as Osteopathic Manipulative Medicine, intubation, case presentations, blood draws and more. We ended the day with tons of prizes including 25% off Sketchy MCAT for all the students.
Regional Medical Education Conference (RMEC)

Fall 2023
Hosted by

Boonshoft School of Medicine
Wright State University

in Dayton, Ohio
Are you thinking about attending AMEC or already registered and have questions about the conference? If so, you should attend the Annual Medical Education Conference (AMEC) 2023 Informational Meeting on Sunday, March 19th at 3 PM EST on Zoom.

Whether this is your first-time attending AMEC or you’re a regular attendee, we are here to answer your questions and ensure you feel prepared and excited to participate in AMEC 2023!

Come learn about the different conference tracks for premedical and medical students, medical school and residency recruitment fairs, networking events, receptions, banquets, community service and more taking place during AMEC 2023 in Hartford, Connecticut.

Click here to register. For more information, please contact the Pipeline Mentoring Institute (PMI) Fellow at pmi@snma.org. We look forward to seeing you there!
Annual Medical Education Conference (AMEC)
April 5-9, 2023
Hosted by SNMA Region 7 in Hartford, Connecticut

Click here for more information!

Registration for the 2023 Annual Medical Education Conference is open! AMEC has continually been a national cornerstone event for minority medical students and professionals. This year's theme “Brilliance Embodied: Elevating the Mission and Revitalizing our Purpose” reflects what each element of our organization represents, how our initiatives uplift the SNMA’s mission, and the importance of reviving our overarching vision as we fully transition into a post-pandemic space.

Buy your ticket today!
2023 Upcoming National Conferences

SNMA Region V

Register Today!
Join the Region V Executive Board!

Interested in becoming a part of the 2023-24 Region V Executive Board? Want to learn more about a specific leadership position?

Check out our Positions Informational Series on Instagram and YouTube.

Deadline to apply is Monday, March 20 by 11:59 pm EST.
SNMA REGION V PRESENTS...
THE OSTEOPATHIC BIG SIB & LITTLE SIB PROGRAM

SEEKING MEDICAL SCHOOL STUDENTS!

We want to help premedical students with any questions that they may have about being an osteopathic medical student.

If you attend MSUCOM, MUCOM or OUHCOM, please consider signing up as a Big Sib. Deadline to sign up is March 19th!

Sign up today!

Email our Osteopathic Chair, Paola Kamga, at region5osteopathic@snma.org with any questions.
Opportunities

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.

THE NATIONAL LEADERSHIP ACADEMY

“Brilliance Embodied: Elevating the Mission and Revitalizing our Purpose”

Start your SNMA leadership journey by applying today!

Date: April 6, 2023 from 12:30-5:30pm EST
Applications Due: March 12, 2023
The SNMA-Kaiser Permanente (KP) Fellowship is a funded program and unique position for a new physician or medical student to spend a year augmenting their formal medical training with the opportunity to delve deeply into critical issues affecting access to affordable, quality healthcare, global health equity, diversity in the healthcare workforce, and medical professionalism.

The SNMA-KP Fellow will work closely with staff and national leaders within the Kaiser network and at the Student National Medical Association (SNMA) to enhance and advance the pipeline of underrepresented students into medicine.

For more information about the SNMA-Kaiser Permanente Fellowship, please join our current SNMA-KP Fellow, Dr. Amanda Herbert, for an informational session on the following dates...

The application closes on Tuesday, March 21st, 2023 at 11:59 PM EST. If you have any questions, please email the Kaiser Fellow at kaiserfellow@snma.org.
Do you identify as underrepresented in medicine (URiM)? Are you interested in away rotations and could you use some extra funds to help with travel and housing? Check out the FARMS (Funded Away Rotations for Minority Medical Students) Database, a directory of visiting electives offering stipends to URiM students.

The FARMS Database includes details on opportunities for groups both included and excluded in the traditional definition of URiM. These groups include: racial/ethnic minorities, women, LGBTQ+, living with a disability, first generation, socioeconomically disadvantaged, educationally disadvantaged, and religious minorities. The FARMS Database was created by students and is maintained through the Medical Student Pride Alliance.
Match Day!

SNMA REGION V

It's a MATCH

Calling ALL MS4's!

We want to feature you in our newsletter and on social media.

Tag us in your Match Day posts or email a picture of you and your match results to region5webmaster@snma.org.

#Match2023
Apparel
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.
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SNMA REGION V

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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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