

# SIU Women in Medicine

February 2015

## Volunteer Opportunity

Here are some sobering facts:

- There are over 690 homeless children in Springfield.
- Many of them live in cars, tents, and if lucky in a shelter.
- Many go hungry for days with their only meals consisting of sugar water.
- What can we do to help?
- Check out The Matthew Project (TMP), an organization dedicated to mentoring and providing for homeless children: <http://www.matthew-project.com>.
- You can help tutor a child on Thursdays from 3:45 to 6pm at the TMP building.
- Our WIM Group plans on putting together care packages for the 12 children currently sponsored by TMP. Details are on pages 2 and 3 of this newsletter.

## Happy Winter!

Greetings Ladies!

We held our first SIU WIM meeting on January 24th. We had a good turnout, lots of laughs and very meaningful discussion. Thank you to everyone who attended.

We will start holding meetings at the Pearson Museum the last Tuesday alternating with the last Thursday of each month from 3-4pm. The first meeting will take place on Tuesday, Feb 24th.

Please check out a golden volunteer opportunity (see "volunteer opportunity" to the left), thanks to our own Rama Poola.

We hope to make this newsletter a collaborative effort. Please email me interesting articles, your stories, volunteer opportunities, recipes, etc!

I sincerely hope this email finds everyone happy and content. Stay well and keep warm!

Sincerely,

Vidhya Prakash



## Quotable Quotes

It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent. Madeleine Albright

The most courageous act is still to think for yourself. Aloud. Coco Chanel

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## Articles

### Physician Resilience and Burnout:

<http://www.aafp.org/fpm/2013/0100/p25.pdf>

### Physician Burnout Bibliography:

<http://www.thehappyemd.com/physician-burnout-and-hospitalists>

### Why Some Teams are Smarter than Others:

<http://www.nytimes.com/2015/01/18/opinion/sunday/why-some-teams-are-smarter-than-others.html>

### Inequality in the Workplace:

<http://www.nytimes.com/2015/02/08/opinion/sunday/sheryl-sandberg-and-adam-grant-on-women-doing-office-housework.html?smprod=nytcare-iphone&smid=nytcare-iphone-share>

Special thanks to Sue Hingle for the articles!

## The Matthew Project

The Matthew Project (TMP) is an afterschool academic and mentoring program available to homeless children in District 186. On Thursdays, the children receive a hot meal, one-on-one tutoring and participate in life skills activities.

The 12 children currently enrolled in TMP are a part of 7 families and they all have siblings with needs (see page 3)

We plan on going over to the TMP building as a group the second Thursday in April (April 9<sup>th</sup>) to hand out gift baskets with a special presentation to the kids about what doctors do.

If you are interested in putting together a gift basket and/or the doctor presentation, please contact Vidhya at [vprakash59@siumed.edu](mailto:vprakash59@siumed.edu) or 217-836-0309. You could create a gift basket by yourself or pair up with someone else.

Special thanks to Rama Poola who brought TMP to our attention through her volunteer work there.

## Recipes

Rhee Drummond's Cinnamon Baked French Toast: Great for a crowd and delicious! <http://www.foodnetwork.com/recipes/ree-drummond/cinnamon-baked-french-toast-recipe.html#>

Mix and Match Quiche: Great for breakfast, lunch or dinner! <http://www.foodnetwork.com/recipes/articles/mix-and-match-quiche.html#>

## The Matthew Project

Children and Ages	Clothing Size	Need	Other Suggested Basket Items
Natasha 8 years Zachary 6 years AJ 4years Aubrey 3 years Skylar 2 years	10-12 8 5 4T 2T	Size 4 diapers	Goldfish crackers Pudding snacks Nutri-Grain bars Cheez-Its Fruit Cups Canned Veg- gies (with easy open lids) PB&J jars with loaf of bread
Zane 5 years Niah 1 years	6-8 24 months/2T	Size 3 diapers	
Yaccari 6 years Zyiell 5 years Amiree 3 years Genesis 1 years	8-10 6-8 5T 2	Size 4 diapers	Clothing (no cartoon charac- ters or anything flashy, for ex- ample Sponge Bob or Disney characters or items that say "juicy" etc)
Harmonie 10 years Hailey 6 Hayden 2	12-14 8 4T		
Erion 10 Zi'Kerion 5 Vernon 3 Ricardo 3 months Ri'aire 3 months	12 8 4T 9-12 months (boy) 8 months (girl)	Enfamil Regular formula Size 2 diapers	Books and chil- dren's maga- zines (all chil- dren are at or below grade school reading level)
Jade 9 Justyce 5	10 8		
Kanijah 8 Torion 1 Prince 4	10 2T 5		

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## Additional Volunteer Opportunity

There is a Student-Run free Clinic on March 23rd in the evening.

If anyone is interested in volunteering they can contact Tracey Smith at [tsmith@siumed.edu](mailto:tsmith@siumed.edu).

## Career Development

The AAMC has two career development courses for women in medicine; one for early career women and one for mid-career women. Here are the links:

<https://www.aamc.org/members/leadership/catalog/323118/mid-careerwomenfacultyprofessionaldevelopmentseminar.html>

<https://www.aamc.org/members/leadership/catalog/323134/earlycareerwomenfacultyprofessionaldevelopmentseminar.html>

Here is the link to AAMC's "The State of Women in Academic Medicine" report:

<https://members.aamc.org/eweb/upload/The%20State%20of%20Women%20in%20Academic%20Medicine%202013-2014%20FINAL.pdf>

Thank you to Sue Hingle for the information and especially for her mentorship and support in getting our WIM group up and running!

## ACP Online Discussion Forum

The ACP has an online discussion forum for Women in Medicine. It is free for ACP members. Here are the links:

General info and to sign up: <http://acpsigs.ning.com/>

WIM group: <http://acpsigs.ning.com/group/women-in-medicine>