

SIU Women in Medicine

May 2015

SIU WIM Spotlight!

Each quarter we plan on honoring one of our amazing ladies! This month is our own Sue Hingle (see page 5).

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- **WIM Spotlight: Sue Hingle!**

Happy Spring!

Greetings Ladies!

Hope you are excited as I am to see the flowers in full bloom and enjoy the warm weather.

We are continuing to meet at the Pearson Museum the last Tuesday alternating with the last Thursday of each month from 3-4pm. The next meeting will take place on Thursday, May 28th.

We had a blast during our Ladies Night at Casa Real! Our server graciously took pictures of our giggling bunch. Take a look on page 4!

Thanks to Vidya Sundareshan for the idea. We plan to make this a recurring event.

A sincere thanks to all of those who contributed to The Matthew Project which was an overwhelming success.

Please email me interesting articles, your stories, volunteer opportunities, recipes, etc!

I sincerely hope this email finds everyone fulfilled and happy.

Sincerely,

Vidhya Prakash



Quotable Quotes

We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained. Marie Curie

The question isn't who's going to let me; it's who is going to stop me. Ayn Rand

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Fundraising Event

Zainab Al Obaidi, one of our PGY1 residents, is hosting a Paint Nite fundraising event for Enos Elementary School. Details are as follows:

Where: Arlington's on 210 Broadway St, Springfield, IL (2 mins away from MMC)

When: June 10th, 2015 at 7 pm

Why: Because Enos Elementary School needs our help!

How: Register now at

<https://www.paintnite.com/pages/events/view/springfieldil/886977>

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Nepal Earthquake

As you are aware, an earthquake struck Nepal on April 25, 2015. Its epicenter was the village of Barpak in the Ghorka district. More than 7,000 people died and twice as many were injured. A second major earthquake hit on May 12, 2015, killing 42 and injuring over 1,000 people.

Dr. Koirala, our ID Division Chief, is spearheading major relief efforts in Nepal. He is a key member of ANMF, the American Nepal Medical Foundation, which has provided medical supplies and treatment for victims.

Vidya Sundareshan, on behalf of the India Association of Greater Springfield, invites you to a fundraiser to be held on Friday, May 22, 2015



Dr. Koirala is pictured third from the left.

at the Panther Creek Country Club at 6:30 pm. Dr. Koirala will give a presentation on the ongoing recovery and rehabilitation in Nepal. Tickets are \$25 per head. There will be a live auction, dinner and cash bar.

How to Help

Visit the websites below to read more about the Nepal earthquake relief efforts and opportunities to donate.

<http://www.sj-r.com/article/20150510/NEWS/150519985>

<http://americanepalmedicalfoundation.com/>

<https://life.indiegogo.com/fundraisers/nepal-earthquake-relief-fund>

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Articles

Time Management: <http://www.acpinternist.org/im2015/2015-5-1-index.html#3>

Humanism and Compassion in Medial Education: <http://www.jgme.org/doi/pdf/10.4300/JGME-D-14-00478.1>

Work Life Balance: http://www.acponline.org/medical_students/impact/archives/2009/03/feature/

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The Matthew Project

The contributors to The Matthew Project very generously put together gift baskets for the children consisting of food, books and clothes. The children and their families were overwhelmed with joy and gratitude.

The second part of our project included a trip to the TMP building where Vidhya Prakash gave a presentation to the children on what doctors do. They then put together little “doctors bags” made of construction paper.

This is a very special and beautiful group of children. Thank you to all of our contributors for bringing hope and brightness into their lives.

Contributors:
Zainab Al-Obaidi
Yasmine Ibrahim
Chrystal Joseph
Najwa Pervin
Aruna Cheddi
Nathalie Foray
Veena Kesireddy
Gargi Shah
Laura Salazar
Vidya Sundareshan
Vidhya Prakash
Sriya Ranatunga



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Women for Women International

This is a very powerful organization dedicated to assisting marginalized women in countries affected by conflict.

When you sponsor a woman who becomes your sister, she is enrolled in an intensive program to assist her with learning life, business, and vocational skills so she can live independently and support herself.

You and your sister can communicate via email or mail.

Check out the website below if interested:

<http://www.womenforwomen.org/>

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Ladies Night!

What a fantastic time! We enjoyed a delicious meal at Casa Real and got to know each other. It's truly wonderful to realize how much we have in common. Looking forward to many more Ladies Nights to come!

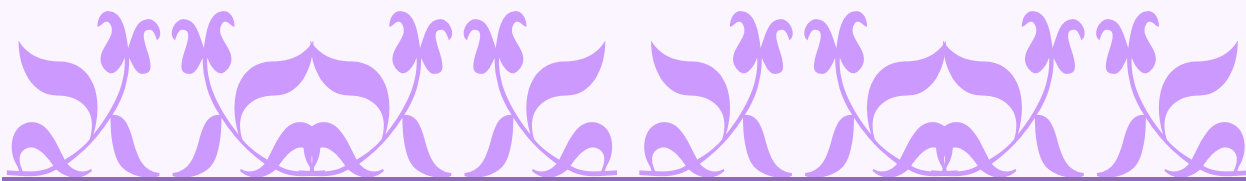
From left: Yasmine, Rexanne, Vidhya, Vidya, Chrystal and Zainab



Recipes

Pineapple Jello Cake (Vidhya Prakash's mom got the recipe for this delicious, easy to make cake from a newspaper):

Preheat oven to 350°. Grease a 9X12 inch cake pan. Mix following in a large bowl: 1 box yellow cake mix, 4 eggs, 3/4 cups vegetable oil, 20 oz crushed pineapple, 1/2 packet orange jello, 1/2 packet pineapple jello. Pour into pan and bake for 1 hour. While cake is hot, pierce all over with a fork and pour glaze (mix 2 cups confectioner's sugar with 1/2 cup orange juice) over the cake. Tastes extra good once served the following day!



Women in Medicine Spotlight

Sue Hingle



1. **Born and Raised:** I was born in Milwaukee Wisconsin when my dad was stationed there for the war draft. We then moved back to Detroit Michigan where both of my parents were from. We lived there until I was 7 years old at which time we then moved to Decatur Illinois where I lived until I was 18 and went away to college.
2. **Birthday:** I was born February 23, 1967. 1967 was the year of the sheep and February 23rd is the Pisces zodiac sign.
3. **Family:** I am married to a wonderful man named Kevin and have two awesome sons, Thomas and Ryan. We also have a dog, Noah, a cat, Wilson, and 5 fish.
4. **Favorite Book:** *Man's Search for Meaning* by Viktor Frankl, *City of Joy* by Dominique Lapierre, and *My Year as Eleanor* by Noelle Hancock.
5. **Hobbies:** I enjoy spending time with my boys, running, and reading.
6. **Most Embarrassing Moment:** When I broke out in hives during a physics presentation in college.
7. **Proudest Moment:** Personal – bringing my boys home from their adoption agency. Professional – being selected to receive the Leonard Tow Humanism in Medicine award.
8. **Why she loves being a woman in Medicine:** I love the connections that I am able to make with my patients and with my learners. I could not ask for a more fulfilling “job.”

