

# SIU Women in Medicine

September 2015

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## Happy Fall!

Greetings Ladies!

As the weather begins to cool we continue to extend a warm welcome to our new interns! It is very exciting to have a new bunch with us.

We have changed our meeting dates and times from monthly meetings at the Pearson Museum to monthly Ladies Nights at different restaurants in Springfield. We will also conduct bigger meetings throughout the year. Please see the attached calendar of events on page 4.

We had a blast during our Ladies Night at Bella Milano! It's so empowering to mingle with such an eclectic, interesting group of faculty and residents!

An upcoming volunteer project is discussed on page 3.

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

Take care and hope you have a lovely and joyful fall season.

Sincerely,

Vidhya Prakash



## Quotable Quotes

Remember, no effort that we make to attain something beautiful is ever lost. Helen Keller

It is better to light a candle than curse the darkness.  
Eleanor Roosevelt



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## Articles

### Afraid of Being Witchy with a “B”

[http://journals.lww.com/academicmedicine/Fulltext/2014/09000/Afraid\\_of\\_Being\\_Witchy\\_With\\_a\\_B\\_A.25.aspx](http://journals.lww.com/academicmedicine/Fulltext/2014/09000/Afraid_of_Being_Witchy_With_a_B_A.25.aspx)

### Women Physicians: Choosing a Career in Academic Medicine

[http://journals.lww.com/academicmedicine/Fulltext/2012/01000/Women\\_Physicians\\_Choosing\\_a\\_Career\\_in\\_Academic.28.aspx](http://journals.lww.com/academicmedicine/Fulltext/2012/01000/Women_Physicians_Choosing_a_Career_in_Academic.28.aspx)

### Gender Differences in Salary

[http://journals.lww.com/academicmedicine/Fulltext/2013/11000/Gender\\_Differences\\_in\\_Salary\\_in\\_a\\_Recent\\_Cohort\\_of.37.aspx](http://journals.lww.com/academicmedicine/Fulltext/2013/11000/Gender_Differences_in_Salary_in_a_Recent_Cohort_of.37.aspx)

Page 2

## Residents Corner

Residents, this will be your dedicated section of the newsletter, spearheaded by Zainab Al Obaidi, Najwa Pervin and Yasmine Ibrahim (pictured below). Najwa has a couple of suggestions:

- Picture section: There are always social gatherings happening amongst residents. We could have a section for such pics. We could cover residents' birthdays, baby showers etc. It would add more color and be fun to look at.
- Announcements: Reminders about upcoming events in town, exhibitions, classes, gatherings, birthdays etc
- A piece on an inspiring woman: We could preferably cover women in medicine but could go beyond that and cover inspiring/leading/motivating women from all walks of life.
- Writings/musings from the residents: An incident in the hospital that touched their heart, residency experience as a woman, hurdles, perks etc. Or just about anything they want to share with other members of WIM.
- Please send us anything you would like to share with the rest of the group!



## Resources

Springfield Moms: A fantastic resource for all with information ranging from fitness information, parks, photographers, dental care, home and garden, travel, etc. <http://springfieldmoms.org/resources/>

Group on Women in Medicine in Science Toolkit: Series of presentations to guide women in academic medicine. <https://www.aamc.org/members/gwims/toolkit/343518/toolkithometsr.html>

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## Volunteer Opportunity

### Did you Know?

- Every 15 seconds, a woman is beaten in the United States by an intimate or former partner.
- Children who grow up in violent homes have a 74% likelihood of committing criminal assaults.
- Every year, domestic violence results in almost 100,000 days of hospitalizations.

We plan on conducting a food drive for victims of domestic violence at the Sojourn Shelter in Springfield as their budget for food is abysmally low. In addition, we will be visiting the shelter to provide a special activity for the children in November.

If interested, contact Vidhya Prakash For more information, visit <http://www.sojournshelter.org/>

Page 3

## Ladies Night!

What a fabulous time! We had a wonderful turnout with an equal mix of faculty and residents. It was great to kick back, relax, laugh, and share stories and experiences.



Top Picture from left:  
Sharon Onguti,  
Najwa Pervin,  
Zainab Al Obaidi,  
Nicole Emmanuel



Bottom Picture from left:  
Rama Poola, Dorcas Adaramola, Sharon Onguti, Najwa Pervin, Zainab Al Obaidi, Nicole Emmanuel, Yasmine Ibrahim, Sriya Ranatunga, Vidhya Prakash

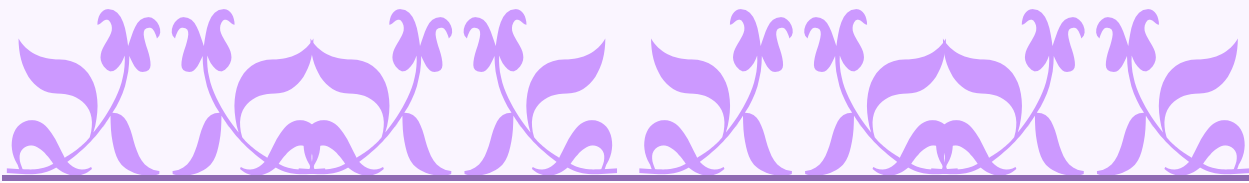
Also present but not pictured: Laura Shea and Sana Waqar

## Recipes (tried, tested, and approved!)

Tuscan Vegetable Soup: <http://www.foodnetwork.com/recipes/ellie-krieger/tuscan-vegetable-soup-recipe.html>

Dump Cakes: <http://www.foodnetwork.com/recipes/ree-drummond/dump-cakes.html>

Perfect Roast Chicken: <http://www.foodnetwork.com/recipes/ina-garten/perfect-roast-chicken-recipe.html>



## *Women in Medicine Faculty Spotlight*

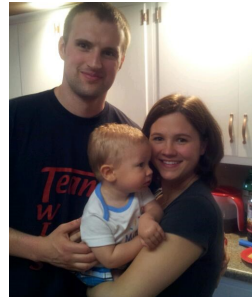
### *Laura Shea*



Far Left: Laura's daughter and her husband



Middle: Laura and her husband



Far right: Laura's son and family

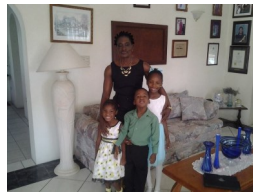
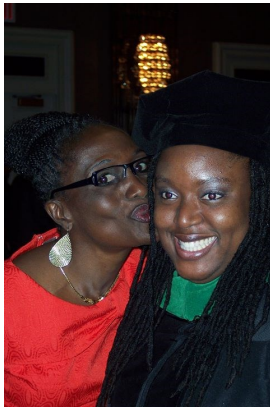
1. **Born and Raised:** I was born in Lompoc, California in Santa Barbara County. My parents moved back to Illinois when I was nearly three years old to live near my father's aging parents in Springfield.
2. **Birthday:** 01/12/1960
3. **Family:** Gary and I have been married for 33 years and have 2 grown children, one grandchild and one "on the way"
4. **Favorite Book:** I have too many favorite books. Here is a smattering:  
Fantasy-The Hobbit  
Post apocalyptic novel-Oryx and Crake of the Madadam trilogy  
Historical fiction-The Bonesetter's Daughter  
Children's book-The Velveteen Rabbit
5. **Hobbies:** gardening, cooking, reading, home improvement, riding bikes, shopping, hiking
6. **My Personal Hero:** I have to say my mother is my personal hero. She was the first person in her family to go to college. She worked as a nurse, taught nursing and went on to get a PhD and teach at the University. After retirement, she took care of my father, whom she loved fiercely and dearly. He had paraplegia the last 21 years of his life. She has always tried to do the right thing with determination and enthusiasm.
7. **Most Embarrassing Moment:** My most embarrassing moment occurred in 3rd grade. I went to a catholic grade school and we were required to wear uniforms-plaid skirts and white blouses. When we had gym class, we wore shorts under our skirts and took off our skirts for class. I had on a full slip that day(for some reason, I remember that I blamed my poor otherwise heroic mother for not realizing I should have either worn a half slip or no slip at all). I did not know what to do with it, so I tucked it in to my shorts. This apparently resulted in the other girls in the class teasing me mercilessly. I do not even recall that part of the incident (blessed repression). I do recall that after class our regular classroom teacher took me and all the girls in to the hall and made them apologize to me. This for some reason was doubly embarrassing, although I felt grateful for the kindness of the teacher.
8. **Proudest Moment:** My proudest moments are many united by a common theme- that of nurturing my children.
9. **Why she loves being a woman in Medicine:** Each and every day I go to work, I have the opportunity to help other human beings in a meaningful way. I do this alongside and in concert with tremendously intelligent and sensitive individuals who have similar goals and values to mine. What is special to me about being a woman in Medicine is that I know I have had opportunities that some other women do not and I am grateful for that.





## *Women in Medicine Resident Spotlight*

### *Chrystal Joseph*



Far left: Chrystal and her mom at graduation

Top Middle: Chrystal!

Bottom Middle: Family Photo

Far right: Chrystal's mom and Dillon

1. **Born and raised:** in Antigua and Barbuda, 108 square miles, in the Caribbean, about an hour from Puerto Rico, population 85,000, 365 beaches, white and pink sand. Tourism and honeymoon destination. Needless to say... I am homesick!

2. **Birthday:** December 22nd. I do NOT appreciate the birthday/christmas gift-in-one. That's cheating!

3. **Family:** Too numerous to mention. I have 13 aunts on uncles... on each side! My paternal (favorite) grandmother passed away when I was 9. My maternal grandmother is alive and kicking. I had an older half-brother but he passed away in April 2011. I have a younger brother, age 29, who has blessed me with 2 nieces (8 and 6 years old) and a nephew (6 years old). My parents divorced in 2005. My father has since re-married and divorced for a second time within a year. Since beginning residency, my father has given me a half-brother who is almost 2 years old (born 7 days before my birthday).

4. **Favorite book:** "Windmills of the Gods" by Sidney Sheldon. I love anything by Sidney Sheldon. Favorite movie: The Matrix (yes, I am a nerd)

5. **Hobbies:** movies, reading, music, crocheting

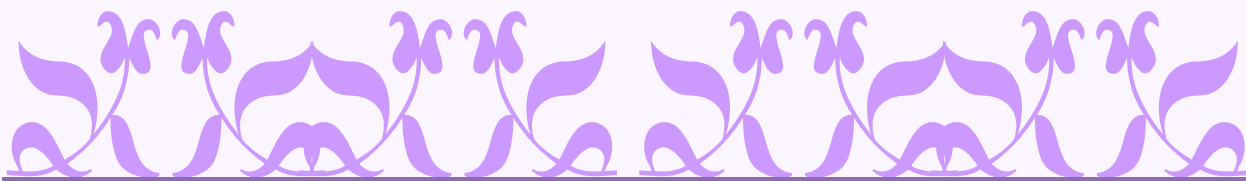
6. **Personal hero:** My mom!

7. **Most embarrassing moment:** That moment when people look at me in horror when I tell them that I have never seen any other the Star Wars movies. Or Avatar.

8. **Proudest moment:** Becoming the first physician in my family on either side.

9. **Why she loves being a Woman in Medicine:** As females, I find we bring a special aspect of care that's warmer and facilitates a more therapeutic experience for patients, of all ages. I specifically enjoy the satisfaction of helping others, and get great pleasure from positive outcomes, working with patients and feeling like I am making a difference.





## WIM Schedule, 2015-2016

**July:** Ladies Night, Thursday 7/30, 6:30pm at Bella Milano on 4525 Wabash Avenue

**August:** Ladies Night, Thursday 8/27, 6:30pm, at Mimosa

**September: Saturday, 9/19**

**International Potluck/Lunch, 12:00pm at Vidhya Prakash's house on 2613 Westport Drive**

**October:** Ladies Night, Thursday 10/29, 6:30 pm, venue TBA

**November:** Ladies Night, Thursday 11/19, 6:30 pm, venue TBA

**December:** No Ladies Night because of holidays, etc.

**January: Saturday, 1/23**

**Dessert potluck party with hot chocolate, 12:00 pm at Vidhya Prakash's house on 2613 Westport Drive**

**February:** Ladies Night, Thursday 2/25, 6:30 pm, venue TBA

**March:** Ladies Night, Thursday 3/31, 6:30 pm, venue TBA

**April:** Ladies Night, Thursday 4/28, 6:30 pm, venue TBA

**May: Saturday, 5/21**

**Spring Brunch, time and venue TBA**

**June:** Ladies Night, Thursday 6/30

