

SIU Women in Medicine

September 2017

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Fall is Here!



Greetings!

Happy Women in Medicine month! Hope the summer treated everyone well, particularly our phenomenal new interns! Our WIM group is doing very well. In fact, we were featured in Aspects! Check out the article at <https://www.siumed.edu/pr/highlights/seat-table.html>.

Zainab Obaidi, a recent graduate and current Chief Resident, has taken on the role of Director of our AMWA and SNMA mentorship programs. We are truly lucky to have her on our executive committee!

Yasmina Arroyo-Jimenez is starting up a Mindfulness initiative as a part of our WIM group. Please see all of the incredible work she is doing on page 5.

David Ziebler did a fantastic job of teaching our WIM group very useful techniques in self-defense (page 3). I had a blast moderating a great discussion with Eric Linson, our assistant to the Chair, during our Negotiation Seminar (page 8).

We continue to contribute to our community. Our latest service projects include a seminar for the Brand Drive community (page 4) and a food drive for the Kumler Outreach Ministries, spearheaded by Rexanne Caga-anan (page 6).

As always, we continue to have a lot of fun! Our Ladies' Night in July to welcome our new interns was a major success, thanks to Sharon Onguti!

Wish you all a wonderful Fall season filled with good times and happy memories!

Sincerely,

Vidhya Prakash

WIM Executive Committee

Residency Subcommittee: Elizabeth Nielsen, Vanessa Williams, Nicole Abbott, Yasmina Arroyo-Jimenez

Director, Community Service Subcommittee: Rexanne Caga-anan

Director, Education Subcommittee: Sana Waqar

Director, Social Subcommittee: Sharon Onguti

Director, Mentorship Subcommittee: Zainab Obaidi

Chair: Vidhya Prakash



RESIDENTS' CORNER



Welcome from our amazing residents!
We're off to a great start this year with some awesome new interns. From new rotations to birthdays to just hanging out, we love being a part of a fantastic team.

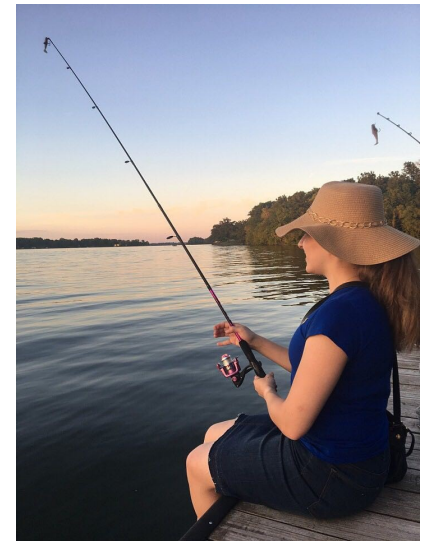
Left column and bottom center: New intern welcome

Top center: Happy Birthday, Vanessa and Nicole!

Top right: Happy Birthday, Shakthi!

Right middle: Fishing with Zainab

Bottom right: Heme-Onc rotation



Thanks to Beth Nielsen for the great pics!

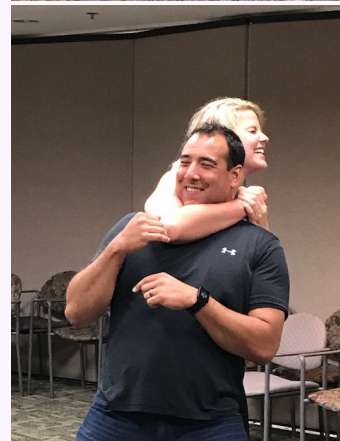


Self Defense Seminar with David Ziebler!

Our own David Ziebler gave our WIM group an informative and invaluable session on self defense. As you can see, this was no boring lecture but more of an interactive seminar. David took our group through real-life scenarios such as walking alone in a parking lot and walking alone at night when a stranger approaches you. Our ladies are fierce! I think Karen Broquet put it best after seeing these pictures: "Don't mess with an SIU woman!" Special thanks to Beth Nielsen who did a phenomenal job of arranging this amazing seminar and of course to David Ziebler who has been a champion and tremendous source of support for our WIM group! Below are some local self defense resources suggested by David:

<http://gbspringfield.com/become-a-member/programs/womens-program/>

<http://www.graciehumaitaspringfieldil.com/>



SIU Women in Medicine

September 2017

Articles

Male and Female Entrepreneurs Asked Different Questions:

[https://hbr.org/2017/06/male-and-female-entrepreneurs-get-asked-different-questions-by-vcs-and-it-affects-how-much-funding-they-get?](https://hbr.org/2017/06/male-and-female-entrepreneurs-get-asked-different-questions-by-vcs-and-it-affects-how-much-funding-they-get?refer-ral=00563&cm_mmc=email-newsletter-daily-alert-alert_date&utm_source=newsletter_daily_alert&utm_medium=email&utm_campaign=alert_date&spMailingID=17545387&spUse-riD=MzY3MTE5NjgxMzI3S0&spJobID=1042100609&spReportId=MTA0MjEwMDYwOQS2)

<https://www.youtube.com/watch?v=KH01x2sk0qw>

Sticky Floors and Glass Ceilings:

<https://www.youtube.com/watch?v=KH01x2sk0qw>

3 Ways to Make Time for the Little Tasks You Never Make Time for:

<https://hbr.org/2017/02/3-ways-to-make-time-for-the-little-tasks-you-never-make-time-for>

Letter to a Young Female Physician:

<http://www.nejm.org/doi/full/10.1056/NEJMp1702010>

Brandon Drive Community Service Activity



Susan Hingle, MD and two of our medical students, Matthew Power and Candice Cuppini, gave a very informative presentation on the topic of menopause to women of the Brandon Drive Community. Women in this area were in desperate need of more information on this topic and wanted a supportive forum in which to ask questions. The presentation was complete with information on what to expect during menopause including hot flashes, sleep and mood changes, and loss of bone mass. Further discussion on osteoporosis was enlightening as well. Our group did a masterful job of answering questions and the entire group had a lot of fun in the process!

Quotable Quotes

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." **Maya Angelou**

You have to have confidence in your ability, and then be tough enough to follow through." **Rosalynn Carter**

MINDFULNESS IN MEDICINE



Yasmina Arroyo-Jimenez, PGY 2 in the Medicine/Psychiatry residency program, will be leading a "Mindfulness in Medicine" initiative as a part of our Women in Medicine Group. The daily stressors we face each day including paperwork, deadlines, and juggling the competing demands of work and life take its toll on any individual. Mindfulness, or staying attentive and present in each moment, is gaining national attention in the healthcare arena as it not only decreases the likelihood of depression and burnout, but it also improves the way in which we interact with our patients, colleagues, and loved ones.

We did have a very well-attended and powerful grand rounds on finding meaning in Medicine on August 29, 2017. Yasmina Arroyo-Jimenez started off the session with background on burnout and the importance of mindfulness. This was followed by a touching and very heartfelt panel discussion by Dr. David Steward, Dr. Rexanne Caga-anan, Samantha Smith, Stacy Stoppelwerth, and Dr. Zainab Obaidi who all discussed meaningful experiences that reminded them of why they chose their field. Special thanks to Sue Hingle, Cary Cheffy and Vidhya Prakash for all of their efforts in organizing the event.

We do have a wealth of mindfulness resources right here in Springfield. Bridget Rolens, MA, BSOT, is the lead facilitator for Mind-Body Health Services at St John's Hospital. Bridget offers a "Relax and Renew (Meditation Circle)" every Tuesday from 12 to 12:30pm at the Chapel Annex at St. John's Hospital. She takes participants through stretching, guided meditations and reflections. These sessions are open to the public and free of charge.

Special thanks to Yasmina for spearheading this very important initiative and for her groundbreaking work in finding these resources. Many thanks to Bridget Rolens for all of her dedication and enthusiasm in partnering with our Women in Medicine Group.



Mindfulness Resources

<http://mindfulmedicinepdx.org/resources/>

<https://wellmd.stanford.edu/healthy/mindfulness.html>

<http://www.pathwaystomindfulness.com/>

<https://www.st-johns.org/mindbody>

Articles

Meaning and the Nature of Physicians' Work: <http://www.nejm.org/doi/full/10.1056/NEJMp1609055#t=article>

Recapturing the Soul of Medicine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1071213/>



KUMLER OUTREACH MINISTRIES FOOD DRIVE



Rexanne Caga-anan and Vidhya Prakash organized a food drive for the Kumler Outreach Ministries. This organization operates a food pantry for about 2,000 people a month. The summer months are particularly busy because schools are closed and children do not receive free or reduced meals. In April of 2017, Kumler's food pantry was vandalized resulting in over \$12,000 worth of damages. Thanks to all of those who donated in our very generous department, our food drive was an overwhelming success! Sharon Brown, Executive Director of Kumler Outreach Ministries conveys her heartfelt thanks to all. Please read more about Kumler Outreach Ministries at:

<http://kumlerministries.net/>

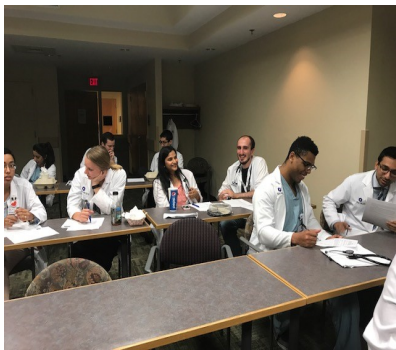
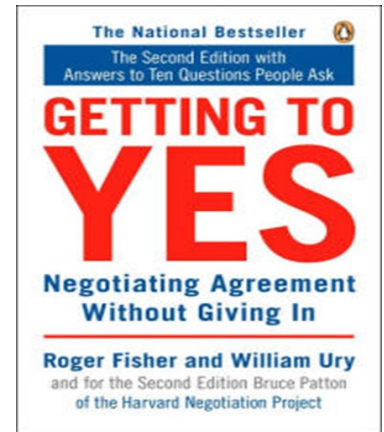
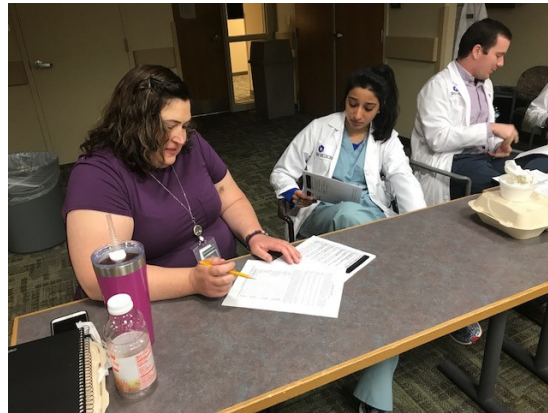
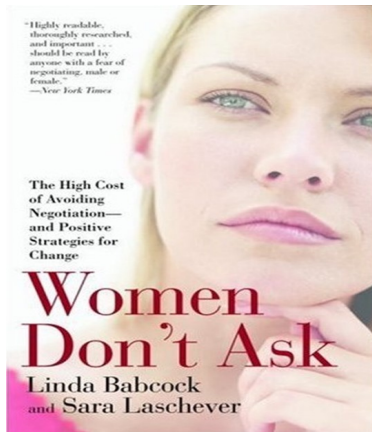
LADIES' NIGHT!



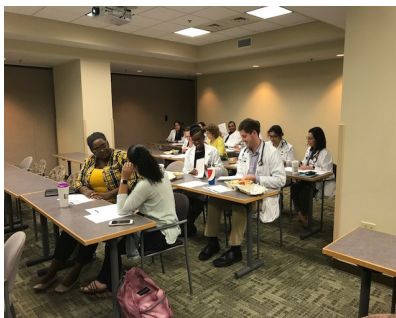
What a wonderful time we had at Arlington's in July, welcoming our brand new interns to the SIU Family! As you can see the turnout was great and we had a lot of fun and laughs! We remain excited to work with our new batch of amazing interns and look forward to many more Ladies' Nights to come!



NEGOTIATION SEMINAR

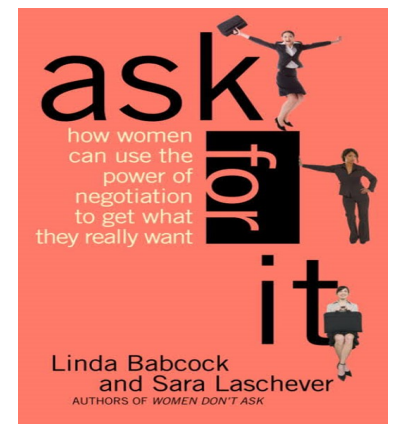
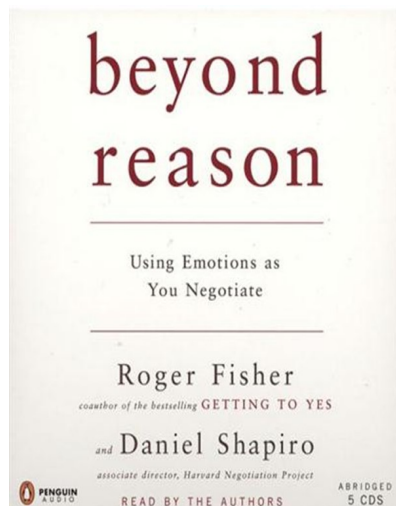


Eric Linson, our Assistant to the Chair, and Vidhya Prakash conducted a very well-attended and enlightening Negotiation Seminar. The session started with a real-world example of a buyer and a seller negotiating a price over an old canoe. Vidhya then reviewed some of the key literature about negotiation including works by Sara Laschever, Roger Fisher and William Ury. The group then paired up for the second real-world example: a negotiation between a team leader and a prospective researcher. Eric debriefed the group and reviewed the seven elements of essential negotiation and how they played into this exercise.



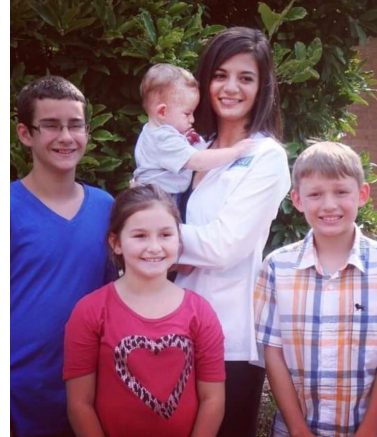
The group had a lot of fun with these scenarios. There were several teams who had a “win-win” where both parties walked away satisfied, signifying a successful negotiation.

This is clearly an important skill to learn and hone as we certainly negotiate in all aspects of our lives. Particularly on the job front, it is essential that we know our worth and “get to yes!”



Women in Medicine Student Spotlight

Kyley Maxheimer



Left: Kyley and her husband Erich on their wedding day.

Right: Kyley and her four siblings

Born and raised: Mt. Pulaski, Illinois

Birthday: September 14

Family: Married to my husband Erich for 3 years, who lives in Dayton OH while serving in the Air Force.

Favorite books: Divine Secrets of the YaYa Sisterhood, House of God

Hobbies: Doing makeup and hair, for myself and for friends... And volleyball.

Proudest moment: My SIU SOM White Coat Ceremony!

Personal hero: Lady Gaga

Most embarrassing moment: In middle school, I figured out the hard way that I'd forgotten to put on my shorts under my cheerleading skirt... During a basketball game in a packed gym.

Why she loves being a woman in medicine: I love being able to help people in a complicated field, not only through medicine but also with my humanity. I enjoy the challenge of establishing a presence in a male-dominated field, being an advocate for myself and other women, and mentoring other women who wish to do the same. We have so many holistically excellent women at our institution that I look up to and try to emulate daily, and I want to be that for other women some day!

Women in Medicine Resident Spotlight

Nicole Abbott



Left: From left to right—Nicole’s sister Yolanda, sister Sharmon, nephew Kwame, niece Trezure; Nicole and her husband Kazim in the back.

Right: Nicole and her husband Kazim.

Born and raised : St. Lucia

Birthday: 09/23/1987

Family : Love them dearly: my husband, parents and 7 brothers and sisters

Favorite books : To Kill a Mocking Bird, and The story of Chicken Licken since my brother said I asked him to read it everyday

Hobbies: Traveling, learning about new cultures, watching tennis when the Williams sisters play

Proudest moment : Being awarded a full scholarship based on top academic performance on my island.

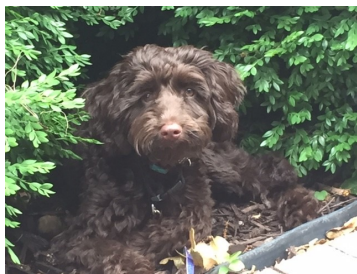
Personal hero: I never really thought about that, I would say my dad and Nelson Mandela come close.

Most embarrassing moment: in my first year of medical school I was asked to described the muscles of the forearm on a cadaver specimen and I was describing the muscles while all the time pointing to muscles in the arm, until I finished and was informed of my error.

Why she loves being a woman in medicine: It has been a great opportunity to serve, do outreach and socialize with very inspiring women, while all becoming a better version of myself!

Women in Medicine Faculty Spotlight

Marti Hlafka



Left to right: Marti's adorable dog Maisie, The Mouth of Truth, Wild Atlantic Way, and Barcelona

Born and raised : Born in Elgin, IL. I was adopted as a newborn infant and brought home by my family to Bunker Hill, IL. Bunker Hill is about 60 miles south of Springfield, and 45 miles north of St. Louis. With a population of 1800, our high school had less than 250 students. My childhood was somewhat unique in that both of my parents were teachers in the local school district. (I couldn't get away with anything at school, because Mom and Dad were going to hear about it...) In addition, my father was the high school boys basketball coach for 43 years, which meant that I spent a lot of time both playing and watching sports. I often meet patients who associate my last name with my dad. A fun fact: Dr. Gary Rull is also from Bunker Hill, and we were co-valedictorians of the same class.

Birthday: March 8

Family: My parents are James and Sandra Hlafka. I have one brother, Michael. Mike has 4 children: Brooklyn (25), Michaela (23), Ashlyn (22), and Trent (17), plus a stepson, Luke (18). I also have a fur-baby, my dog Maisie, who is 8 months old.

Favorite books: How much space do we have? I have always been a voracious reader. As a child, I loved the Little House series, Anne of Green Gables series, Heidi, and Little Women. In fact, my mother took me on a road trip to Mansfield, MO to see the last home of Laura Ingalls Wilder. I still want to take a road trip to DeSmet, SD sometime to see the "Little Town on the Prairie" and Silver Lake. These days, I mostly read novels, and they tend to be thrillers/mysteries. I read my first Agatha Christie novel when I was 14, and I was hooked on the genre. Even when I read non-fiction, there tends to be a thriller/mystery element to it (eg. "Devil in the White City" by Erik Larson). Bookstores and the Amazon Kindle store are dangerous places for my wallet.

Hobbies: Prior to medical school, I played competitive volleyball several times a week. I would love to start playing again more often. I also do stained glass projects occasionally. These days, my biggest hobby is finding small remodeling projects that I can do on my 1950s house. My other favorite things to do include watching classic movies (1930s-1950s), going to see live concerts, and traveling.

Proudest moment: My graduation from medical school was probably my proudest moment. I had a nontraditional course with another career before medicine. It was a scary thing to give up a paycheck, sell my home and enter medical school. Graduating and realizing that I had made the best decision of my life to go into medicine was a fantastic feeling.

Personal hero: That would probably be a tie between my mother and my grandmother, Genevieve Hlafka. Both encouraged me to be independent and self-sufficient, and both fostered a sense of curiosity about the world. Both followed their own paths which were outside of the norms for women at their respective times.

Most embarrassing moment: I'm not sure if this is my most embarrassing moment, but it's a great story. On my first night on call as an intern, my senior resident taught me how to draw an arterial blood gas. I was successful on the first try. I removed the needle and placed the air bubble removal cap on the syringe. The last piece of the procedure is to push any remaining air in the syringe into the cap. But I pushed too hard, and the cap popped off...and sprayed a fine mist of blood all over my senior resident. Ooops.

Why she loves being a woman in medicine: I love the daily intellectual challenge of medicine. It keeps the nerdy side of me happy. But, the humanistic side of medicine has been the real surprise and joy for me. When I started medical school, I thought I would likely specialize in something with a little less patient contact, as I am an introvert. I fell in love with the patient contact of Internal Medicine, and the most meaningful lessons for me have come from my patients. What a great profession, and I am so happy I chose to enter it!

Women in Medicine Staff Spotlight

Christine Jarmer



Left to Right: Jarmer family collage of what Christine refers to as “Coordinating the chaos of life with a big family... Travel, adventures, history, photography, music, sporting events, paint nites, going to the lake, being outdoors; Black and White Family Photo—Andrew, Mark, Charlotte, Chloe, Ethan Ella; Nurse Christine and Charlotte; Christine, Morgan and Jackie; Below Right: Chance ready for the 4th of July; Christine and her grandmother Edith

Born and raised: Lakin, Kansas. I was the 5th generation to live in this small town; population 2000. My families were homesteaders during the 1800s. I come from a line of wheat farmers and teachers.

Birthday: March 19

Family: Mark (husband), Andrew, Chloe, Ella, Ethan, and Charlotte (kids) Chance (Labrador)

Favorite books: To Kill a Mockingbird. Truth is... I am at a stage in life where I Netflix binge after my kids go to bed instead of reading.

Hobbies: Coordinating the chaos of life with a big family... Travel, adventures, history, photography, music, sporting events, paint nites, going to the lake, being outdoors

Proudest moment: Getting to the point where I can say “Life doesn’t have to be perfect to be wonderful,” and knowing that I am in a pretty wonderful spot with absolutely amazing people.

Personal hero: My Grandmother Edith; she was a woman that was graceful, strong, honest, and kind. She taught me the importance of doing the right thing because it is the right thing, no matter who is watching. Persistence and hard work pay off. And not to be afraid of an adventure. Jackie Hall; she showed me that regardless of what happens to you in life, the only thing that can stop you from greatness is yourself; your history doesn’t define you. She showed me that family is more than blood. She gave me the encouragement to do what is best for me. And of course, my husband Mark. He gave me a place of unconditional love, and always pushes me to be my better self and grow.

Most embarrassing moment: I don’t really have a great story of my own... just the usual. But I did witness a good one. I took a cadaver lab in college, and our final was to take groups of students (high schoolers, nursing classes etc) and do a “tour of the body.” My partner and I had just finished our body (internal organs) and asked if there were any questions. This 6’4” high schooler leaned over like he was looking at something and passed out, face planted really, into the thoracic cavity. Luckily, he wasn’t hurt... but I am sure his classmates will be talking about it at their 40th class reunion.

Why she loves being a woman in medicine: I love helping people. I want to be a person that makes the world a better place. I love science, people, teaching and learning, and problem fixing. Nursing lets me put my passions to work, and try to make a positive impact on those I encounter.