

AΩA AT USU

NEWSLETTER OF THE ALPHA OMEGA ALPHA
MARYLAND GAMMA CHAPTER

CONTENTS

Letter from the President

Specialty Night Success

Outreach and Mentoring

Volunteer Announcements

Semi-Annual Meeting

Election Announcements

Research and Award

Opportunities

Medical Education Elective

Current Officers

LETTER FROM THE PRESIDENT

It's hard to believe that in 6 short months, the Class of 2020 will be graduating and gearing up to start intern year. In the past 6 months since my class has had the opportunity to take over the leadership positions for AΩA, our time has been filled with audition rotations, Operation Bushmaster, and continuing to travel around the country (even around the world) as we finish out our rotations. While this is a busy time of year for all, we have also been focused on starting, as well as continuing, many AΩA initiatives.

For example, we've recently had another successful Specialty Night at USU, and additionally are now in our 3rd year of offering the Medical Education Elective as an elective rotation for 4th year medical students. We are also excited to announce our newest initiative--a mentorship program for current USU students-- which will be launched in partnership with OSA's Wellness Program Coordinator, Dr. Kameha Bell. We are hopeful that this program will further expand students' opportunities for mentorship while at USU.

Additionally, our Volunteer Coordinator has partnered with 2 other Class of 2020 students to produce a monthly newsletter highlighting current volunteering opportunities in the local community. 2LT Lieb is also hard at work in trying to establish an award for those with exemplary service while at USU. Along with continuing our partnership with N Street Village in D.C., where current medical students are able to teach classes to help promote health literacy, we are also in the process of developing a partnership with The Fisher House at Walter Reed. Fisher House is an organization that provides military members, veterans, and their family members with a place to stay while their loved ones receive long-term care at Military Treatment Facilities or VAs. We hope to establish a recurring volunteer event with them over the course of the next year in order to give back to our immediate Walter Reed community.

LETTER FROM THE PRESIDENT (CONT)

Finally, we are already looking to the future and planning for a new class of AΩA members to join us in the coming months. In the next few weeks, emails will be sent out garnering AΩA nominations for residents, fellows, faculty, and alumni. Those that are nominated will then be able to apply through the USU AΩA website. We are very much looking forward to welcoming new members into our AΩA community.

This academic year has been off to a great start with multiple new initiatives on the rise with more to come in the next few months. This Winter and Spring, we will transition to sustainment as well as working towards facilitating a seamless transition to the new officers for the Class of 2021. I look forward to seeing all that we are able to accomplish before we graduate in May.

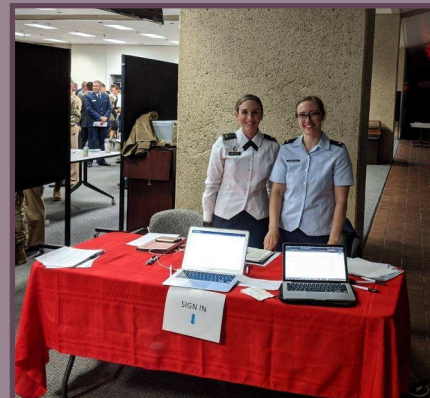
A big thank you to ENS Eleanor Wade (eleanor.wade@usuhs.edu), our Newsletter Officer, for gathering the stories, achievements, and accomplishments of the past 6 months and compiling them into our newsletter.

Ama Winland

Class of 2020 AΩA President

ama.winland@usuhs.edu

SPECIALTY NIGHT SUCCESS



Specialty Night this year was on Nov 19, 2019 and drew 270+ HPSP and USU students as well as over 40+ residency programs from around the country to USU for a night focused on helping current military medical students explore their options for residency. The event was headed by our AΩA Specialty Night Officers: 2d Lt Morgan Lundstrom (morgan.lundstrom@usuhs.edu), 2LT Katey Osborne (katey.osborne@usuhs.edu), and ENS Sarah Wright (sarah.wright@usuhs.edu).

OUTREACH AND MENTORING

Both our Underclass Outreach Officers [Vivek Abraham (vivek.abraham@usuhs.edu), Sydney Giblin (sydney.giblin@usuhs.edu), Marc Gutierrez (marc.gutierrez@usuhs.edu), and Shena Kravitz (shena.kravitz@usuhs.edu)], as well as our Alumni Outreach Officer, Morgan Lundstrom (morgan.lundstrom@usuhs.edu), have been hard at work developing new mentorship programs for current USU students. These initiatives are in partnership with OSA's Wellness Program Coordinator, Dr. Kameha Bell, and are meant to further expand students' opportunities for mentorship while at USU.

The Underclass Outreach Team is in the process of setting up a near-peer mentorship program where current USU clerkship and post-clerkship students will have the opportunity to mentor younger, pre-clerkship students. Similarly, 2d Lt Lundstrom is in the process of creating a mentorship program targeting older current medical students (clerkship and post-clerkship) by utilizing our vast number of current USU AΩA alumni as mentors. We believe this will be especially beneficial as 3rd and 4th year students approach picking their specialty, starting audition rotations, The Match, etc.

Both of these initiatives are expected to go live within the next few months, with links to active mentors on the USU AΩA website, so stay tuned! If you are interested in getting involved with either mentorship program, please contact any of the officers listed above.

VOLUNTEER ANNOUNCEMENTS

Coming soon: New Volunteering Website

Keep your eyes peeled for the upcoming launch of the new USU Volunteering website! The website will be located within the USU intranet and will contain all the previous USU volunteer digests, outside activity policies and forms, and a calendar of volunteer events in the area. The website is expected to launch in December, 2019.

New Volunteering Opportunities with WRNMCC

We are excited to announce that we have partnered with residents at Walter Reed for additional volunteering opportunities in the coming months. These events will be included in our Monthly Digests, so be sure to check your inbox if interested!

Volunteer Opportunity: Fisher House Bethesda

Where: 24 Stokes Rd, Bethesda, MD 20814

When: January 2020, exact date TBD

Who: Anyone in our USU community!

What: We are looking for approximately 25-30 people to help out with a meal donation for families currently staying at the Fisher House at Walter Reed. The event will involve cooking a meal for the families at the Fisher house, and we will also be looking for volunteers to contribute/donate common household items. Anyone who wishes to donate items or volunteer at this event should contact David Lieb at david.lieb@usuhs.edu

SEMI-ANNUAL MEETING

Our semi-annual meeting recently took place at Brickside Bethesda on November 25th. Chapter meetings are intended to update both members and non-members on current AΩA operations (all are welcome to sit in and attend), and is always followed by un-structured time where anyone can ask questions, start a discussion, or just hang out. Be sure to check your inboxes and RSVP to the next chapter meeting in Spring, 2020.

ELECTION ANNOUNCEMENTS

In the next few weeks, emails will be sent out garnering AΩA nominations for residents, fellows, faculty, and alumni. Those that are nominated will then be able to apply through the USU AΩA website. The deadline for nominations will be in early February with the announcement of new inductees in early March. The student AΩA inductees for the medical student Class of 2021 will also be announced at this time, with their application having gone out likely sometime in February. For more information about Resident, Fellow, Faculty and Alumni elections, please contact Leonie Campbell (leonie.campbell@usuhs.edu), Gregory Schmidt (gregory.schmidt@usuhs.edu), or Michael Tshudy (michael.tshudy@usuhs.edu). For more information about Student elections, please contact Jeremy Mears (charles.mears@usuhs.edu), Sarah Mongold (sarah.mongold@usuhs.edu), Phillip Scheanon (phillip.scheanon@usuhs.edu), or John Sommerfeldt (john.sommerfeldt@usuhs.edu).

MEDICAL EDUCATION ELECTIVE

We are now in our 3rd year of offering the Medical Education Elective as an elective rotation for 4th year medical students, originally created by two USU AΩA officers in the Class of 2018.

This elective allows 4th years to get hands-on experience as educators and mentors, with formal sessions on theory and methods of medical education. The first iteration this year will be Round 9 (6JAN2020 - 31JAN2020).

For more information or if you'd like to get involved, please contact ENS Jacob Wyse (jacob.wyse@usuhs.edu).

RESEARCH AND AWARD OPPORTUNITIES

Interested in submitting your work at a national level? Looking for an opportunity to get published? Check out these opportunities provided through both the national and local AΩA communities. For more information about these awards and research opportunities, please look to our website, <http://www.usuaoa.org/> or <https://www.alphaomegaalpha.org/programs.html>

AΩA National Program Deadlines 2020:

- January 3, 2020: The Pharos Poetry Award
- January 15, 2020: Helen H. Glaser Student Essay Award
- January 31, 2020: Carolyn L. Kuckein Student Research Fellowship
- February 14, 2020: Medical Student Service Leadership Project Grant
- March 2, 2020: Fellow in Leadership
- April 3, 2020: Robert J. Glaser Distinguished Teacher Award
- May 29, 2020: Postgraduate Fellowship
- September 30, 2020: AΩA Award for Excellence in Inclusion, Diversity, and Equity in Medical Education and Patient Care
- October 2, 2020: Alpha Omega Alpha Honor Medical Society Professionalism Award
- October 16, 2020: Robert H. Moser Essay Award

CURRENT AΩA OFFICERS AT USU

Have questions about AΩA and our initiatives? Interested in understanding more about the application or nomination process? Contact our current Class of 2020 Officers with your questions or comments!

President: ENS Ama Winland

Vice President: 2nd LT Lauren Heyda

Treasurer: 2nd LT Zachary Haynes

Webmaster: ENS Alexander Li

Resident Elections: ENS Gregory Schmidt, ENS Leonie Campbell, 2nd LT Michael Tshudy

Student Elections: 2nd LT Sarah Mongold, 2nd LT Phillip Scheanon, 2nd LT John Sommerfeldt, 2nd LT Jeremy Mears

Visiting Professor: ENS Chandler Bennett

Underclass Outreach: 2nd LT Marc Gutierrez, 2nd LT Shena Kravitz, ENS Vivek Abraham, 2nd LT Sidney Giblin

Awards and Research: ENS Eli Raneses, 2nd LT Cody Ashcroft, ENS Lucy Yuan

AOA Banquet: ENS Russell Newkirk, ENS Lydia Troung

Alumni Outreach: 2nd LT Morgan Lundstrom

Specialty Night: 2nd LT Katey Osborne, ENS Sarah Wright, 2nd LT Morgan Lundstrom

Volunteer Coordinator: 2nd LT David Lieb

Medical Education Course Coordinator: ENS Jacob Wyse

Newsletter: ENS Eleanor Wade