

## Wellness Advisory Council Newsletter - February 2021

The Office of Student Services <cxg1063@med.miami.edu>

Mon 2/8/2021 10:08 AM

To: Bergholz, Daniel Richard <drb170@med.miami.edu>



UNIVERSITY OF MIAMI  
MILLER SCHOOL  
of MEDICINE

WELLNESS ADVISORY COUNCIL

# Newsletter

February 2021 | Issue V

Welcome to the spring semester! The Wellness Advisory council hopes you enjoyed last semester's scavenger hunt, fitness challenges, and Wellness Wednesdays last semester. Even through Zoom, we were able to reach so many of you and maintain connection and solidarity throughout the COVID-19 pandemic. As we begin a new semester, we will continue to introduce wellness initiatives that are interactive and exciting! [Follow us on IG](#) to stay up to date on our latest content and engage with our student leaders who will be making appearances throughout the year. We also hope to see many of you at this year's **Wellness Week**, a jam packed week of wellness activities that will consist of virtual and in-person events with limited attendance. The WAC looks forward to another semester of exciting wellness initiatives!

COMMUNITY &  
SERVICE

## Featuring Student Groups that are Connecting the Miller School of Medicine to Our Community

### Historical Determinants of Health Series

A New Series put on by the Vice President/Treasurer of the Medical Humanities Student Organization, Daniel Castaneda.



*We asked Daniel a few questions on how he started this series.*

#### "How did you come up with the program?"

I majored in history in undergrad and wrote my honors thesis on blame discourses during the 1991 Peruvian cholera epidemic, so the social history of medicine has always been something that motivates and interests me. When taking on my role as History of Medicine Chair with the Medical Humanities Interest Group, I knew that I wanted to find some way to amplify voices that were often left out of the historical record of medicine. I also missed the liberal arts-type of education I got at Davidson College, where hard sciences and humanities were not strangers to each other. I longed to reconnect with that here and beginning a history discussion group was one way I hoped to do that.

#### "What inspired you to run the group?"

There is a sore lack of context I've noticed to a lot of things we learn in medical school. We are constantly exposed to illnesses where we are told some disease is most prevalent in African Americans, Native Americans, etc. While often we are taught about the role of "social determinants of health" in driving outcomes, we are often taught little about the historical roots of these inequities. I also noticed that there was an urgency

among my classmates to better understand the legacy of racism in medicine in a way that couldn't be addressed in our lectures. That is the gap I hope to begin filling with this program.

### "How do you come up with the week to week materials?"

I've used a wide mix of resources to come up with the weekly materials—which consist of everything from primary sources and secondary sources, historical articles, magazine pieces, podcasts, and YouTube videos. A lot I found either from researching the topic out of my own curiosity or stumbled across them when researching them specifically. The challenge has been finding materials that are both engaging and short enough to fit into our busy schedules as medical students. I'm also lucky to have former classmates and professors from my undergrad that I could reach out to for their own expert recommendations on reading materials.

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### Providing House Calls To The Houseless



We founded **Miami Street Medicine (MSM)** to address the unique needs of the **local unsheltered population**. It started when our founder and current Project Manager, Danny Bergholz, sent a message on the first day of class: "Would anyone be interested in starting a street medicine clinic together?" **The response amongst the class of then first-year medical students was enthusiastic, and a group of us got to work right away.**

We started by performing a **needs assessment**, which involved interviewing dozens of people on the street. We asked them questions about **how they were doing, what they have, and what they need**. It became clear that medical street care and social outreach work could have a tremendous impact for this population, as there were many individuals with painfully preventable medical ailments. We met a man with a limb

amputation that could have been entirely avoided if he was screened for diabetes and looked at his foot wound earlier. Another woman was living with a persistent infectious disease that would have been cured with an \$0.80 prescription.

By identifying and treating such conditions early and right there on the street, we could dramatically reduce suffering and costs for everyone in the community. We could also establish long-term relationships with patients and link them with proper primary care, housing, and other local programs also dedicated to this mission. **Many individuals we interviewed were unaware that some of these resources existed or they could not access them;** they stated that they would benefit from a student partner who could guide them to, and through, these critical resources.

We presented our efforts at a conference in 2019, and **our budding clinic gained traction.** With guidance from our mentor, Dr. Jim Withers, who pioneered the street medicine model, **we established funding, staff, supplies, community partners, and robust operating procedures for our clinic.**

Although numerous free clinics and traditional points of entry to hospital care exist, unsheltered individuals continue to face barriers to receiving healthcare. The Miami Street Medicine program **aims to overcome these barriers by directly engaging with Miami's unsheltered population on their own terms and turf** - going a step further than just having open doors. This "home care" is done to build trust; bridge gaps in existing healthcare infrastructure; transition patients into housing and primary care; offer education and counseling; and ultimately deliver high-quality healthcare services free of charge. Just as well, the quiet healing potential of simply acknowledging a person's humanity and listening with empathy should not be underestimated. **We hope these initial efforts have built a foundation that will allow MSM to serve our neighbors on the street for years to come.**

You can reach MSM at [MiamiStreetMed@gmail.com](mailto:MiamiStreetMed@gmail.com), or find us on Facebook and Instagram [@miamistreetmedicine](https://www.instagram.com/miamistreetmedicine).

***Dan Bergholz – Project Manager***

***Sam Herbert- Patient Relations***

***Grace Hasell – Patient Relations***

***Aysswarya Manoharan – Volunteer Coordinator***

***Kunal Naik – Logistics Coordinator***

***Sabrina Hennecke- Policy and Public Relations Leader***



Do you have community projects that you want to highlight in the WAC newsletter or Instagram?

Email [jessica.leuchter@med.miami.edu](mailto:jessica.leuchter@med.miami.edu)!

# INTERPERSONAL

Mark your calendars for **Wellness Week, February 22-27!** Stay tuned for some awesome in-person and virtual events including Bachata Lesson, Yoga, Art Night, Heart Healthy Cooking, Sexual Wellness Workshop, Financial Wellness Talk, and more! And of course there will be giveaways for all of our virtual events!



The 2021 installment of **Cabaret, Miller's annual charity talent show**, is looking for

performances! If you would like to register to **perform in** or **help plan** this Miller tradition, complete the google forms linked below. This year's installment will be *via Zoom* so that all can attend and perform safely. The **Wellness Advisory Council (WAC)** and **Medical Humanities Interest Group** have both teamed up with us to make the event extra awesome. Any talent or performance is welcome! Mark your calendars for **Saturday, March 13th at 5 PM.**

[Performance Form](#)

[Leadership Form](#)

Email us at [umcabaret@gmail.com](mailto:umcabaret@gmail.com) with any questions!



**Dialogues in Research Ethics Monthly Seminar**  
**The VA's Research Mission – And a Tribute to Dr. Larry Fishman**

**Date:** *Friday, February 12, 2021*

**Time:** 12pm-1pm

**Zoom Link:** [HERE](#)

**Meeting ID:** 939 3352 3130

**Passcode:** 060775

[CLICK HERE](#) for the flyer!



**Call for Abstracts**

**2021 Florida Chapter**  
**SPRING VIRTUAL POSTER COMPETITION**

*March 29 – April 16, 2021*

The Florida Chapter is excited to announce the Call for Abstracts for the 2021 Spring Resident/Fellow and Medical Students Poster Competition, taking place March 29 – April 16, 2021. This will be a virtual poster competition. Judging will begin on March 29, 2021 and commence April 16, 2021. Winners of the Poster Competition will be announced following the tabulation of the final judging scores, sometime the week of April 19th. The deadline for submitting entries is **MONDAY, MARCH 1, 2021 at 11:59 P.M.** [CLICK HERE](#) for application details!

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ATTENTION ALL STUDENTS  
JOIN US FOR THE UMMSM VIRTUAL

# ANNUAL RESIDENCY PROGRAM DIRECTOR MEETINGS

Come meet with Program Directors from all  
Specialties at UM/JMH and learn how to be a  
successful applicant!!

# VIRTUAL SCHEDULE

ZOOM MEETING ID FOR ALL EVENTS: 984 9755 1931

**MONDAY, FEBRUARY 1ST | 5:30 - 6:30 PM**

INTERNAL MEDICINE  
EMERGENCY MEDICINE

PEDIATRICS

**MONDAY, FEBRUARY 8TH | 5 - 6 PM**

OPHTHALMOLOGY  
DERMATOLOGY  
MEDICINE-PEDIATRICS  
DIAGNOSTIC RADIOLOGY

**TUESDAY, FEBRUARY 9TH | 5 - 6 PM**

PLASTIC SURGERY  
PSYCHIATRY  
ANESTHESIA

**MONDAY, FEBRUARY 15TH | 6 - 7:30 PM**

ORTHOPAEDICS  
OB/GYN  
OTOLARYNGOLOGY  
RADIATION ONCOLOGY

**TUESDAY, FEBRUARY 16TH | 6 - 7 PM**

PHYSICAL MEDICINE & REHAB  
GENERAL SURGERY  
NEUROLOGY

**MONDAY, FEBRUARY 22ND | 5 - 6:30 PM**

PATHOLOGY  
UROLOGY  
INTERVENTIONAL RADIOLOGY  
NEUROSURGERY  
FAMILY MEDICINE

MIND

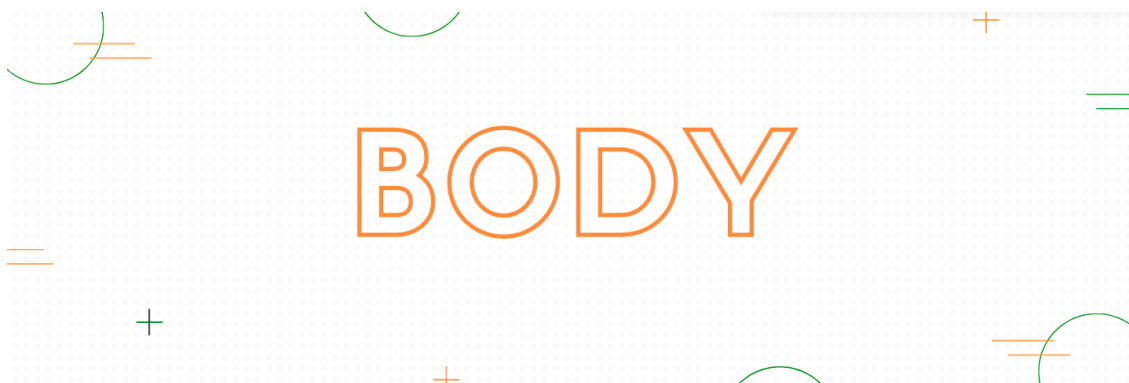


Need help with focus? Miss studying with your friends?

**Download the Forest App!**



Choose a tree, set a timer, and study away! As time goes by, a sapling will grow- but if you leave the app to use your phone, the tree will be killed! This app also allows you to make focused study rooms with your friends, so you can all keep each other accountable and keep studying fun and rewarding. Good for the brain, good for the mind!



The beginning of the year can be a challenging time with long to-do lists, new



resolutions, and hectic work and study schedules. Today, to bring some calm into the hustle and bustle, we bring you a quick tip to reduce stress wherever you are! This breathing technique requires no equipment or preparation and can be done anywhere, anytime. So next time you're feeling nervous before a big exam or stressed about your seemingly never-ending list of tasks, try this out:

1. Take a deep breath in through your nose over 4 seconds, and feel your belly rise with the inhale. You can rest your hand on your belly if it makes it easier for you to take deeper breaths.
2. Then exhale through your mouth over 6 seconds, and feel your belly draw in toward your spine as it empties with the exhale.
3. Repeat this cycle 6 times, or as many as feels good to you.
4. You can try to picture a sleeping baby or dog, mimicking the rise and fall of their belly when immersed in that deep carefree sleep.

This deep diaphragmatic breathing will activate the parasympathetic nervous system to counter the stress response and bring some peace to your busy day!





# SPRING PANEL AND NETWORKING SERIES

## SELLING SCIENCE: FUNDING AN ECOSYSTEM OF INNOVATION

[REGISTER HERE: CLICK OR SCAN](#)

Tuesday February 9th at 6:30pm

Join the Herbert Business School and Biomedical Graduate Student Government for a discussion on what it takes to grow and maintain a strong biotech and startup ecosystem. With panelists:



**DR. CLAES  
WAHLESTEDT**  
Co-founder,  
JupiterOrphan



**DR. SHAUN  
BROTHERS**  
Co-founder,  
JupiterOrphan



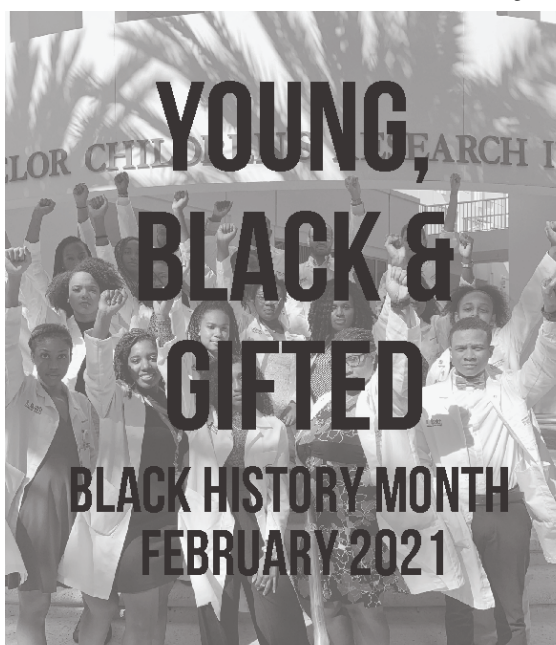
**BOB  
WILLIAMSON**  
UM Entrepreneur  
in Residence



**DR. ELIZABETH  
FRANZMANN**  
Co, founder, CSO,  
Vigilant BioSciences

[Instagram](#) [Facebook](#) [Twitter](#) [LinkedIn](#)

SNMA



### Overcoming Global Health Voluntourism

with the Global Surgery Student Alliance

Feb. 2, 2021 | 5:00 - 6:00 pm

with Dr. Stephen Symes

- Covering the Do's and Don'ts about helping vs. harming when volunteering overseas



### Black & Brown Transgender Patient Advocacy

Feb. 8, 2021 | 6:00 - 7:00 pm

with MedicOUT & Latino Medical Student Association

- Focus on learning about the rights, history and patient advocacy of black and brown-identifying transgender patients

### Racial & Social Microaggressions

Feb. 17, 2021 | 5:30 - 6:30 pm

with Dr. Roderick King

- Using performative skits, faculty and students discuss nuances of potential racial microaggressions experienced in clinic

### Movie: Black Men in White Coats

Feb. 25, 2021 | 6:00 - 7:30 pm

- Highlighting efforts to increase black male representation in medicine
- Sponsored by Miller School of Medicine & Jackson Hospital
- Individual Zoom link to be provided

### Paint & Sip

Feb. 26, 2021 | 6:00 - 7:00 pm

- \$15/person with supplies included
- Up to 27 students can register
- More spots may be added with enough interest
- After registration, supplies pick-up will happen prior to the event

Sponsored by SNMA and Office of Diversity, Inclusion and Community Engagement

Zoom Link for All Events (excluding 2/25 event): <https://miami.zoom.us/j/8239216032>

Meeting ID: 823 921 6032

Questions? Contact Brittany Blake

Email: [bjb82998@med.miami.edu](mailto:bjb82998@med.miami.edu)



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