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The Synapse

Students

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NYMC Synapse Issue 36

School of Medicine Student Senate, New York Medical College

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NYMC Synapse

Transmitting news to the students of New York Medical College
November 2022, Issue 36

The NYMC Synapse is a newsletter published by the NYMC Student Senate for our classmates, faculty, administration and other students at NYMC. We highlight news from student senate, medical education, student affairs, and financial planning, give important updates for each class and highlight big events, outstanding students, and extraordinary professors.

Keep an eye out for these newsletters about once a month and don't miss out on the amazing things that are happening at NYMC!

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Upcoming Senate Initiatives and Updates

- Fill out the ISA LCME Survey if you have yet to do so: [Complete Survey Here](#)
- Check out our Senate Website for information on clubs and upcoming events: [NYMC Student Senate Website](#)
- Volunteerism Database set to Launch in the start of the New Year
- The next monthly Senate Meeting will be occurring on Wednesday, December 8th at 5PM

Letter of Gratitude to Dean Nadler

Dear Dr. Nadler,

We wanted to express our sincere gratitude for all that you have done for us in your time as Dean of the New York Medical College School of Medicine.

You started in your role as our Dean alongside the current M4 class' matriculation to medical school in 2019, meaning that essentially no current medical student knows an NYMC without you. In this regard, we have all become so accustomed to having such a kind, student-centric Dean at the helm of our medical school. You have led our school and community with a remarkable commitment to research, clinical excellence through faculty recruitment and hospital partnerships, and genuine care for us as we develop into future physicians.

While we could point to any of the number of initiatives you've brought to NYMC, ranging from increased funding for medical student research to SOM Dean's Faculty Awards, something we wanted to highlight was your care and compassion for students. You have led us through challenging times as COVID-19 impacted nearly every facet of our medical education, and you maintained strong communication and transparency in navigating obstacles. When you realized many students would not be able to travel home for Thanksgiving a couple years back due to health concerns / travel restrictions, you personally arranged for over one hundred thanksgiving meals for these students. Even amidst the most trying times for you and your family, you never ceased to continue caring for us like your own, and for that we could not be more grateful.

As we embark on our future careers as physicians, we are so fortunate to have had a role model like you. Your sincerity, compassion, humility, and dedication are qualities we certainly hope to embody.

We wish you and your family all the best as you transition to a new phase. And of course, we hope that you still wear your NYMC Patagonia with pride during those chilly days in the Bay area! Please know that you always have a home here at New York Medical College.





Friendsgiving 2022: Students Share Thanks and Memories with NYMC Faculty

By Derick Goff

This year's Friendsgiving was one for the record books! On Thursday, November 17th, more than 150 students attended this year's annual Friendsgiving. First year medical students at New York Medical College plan Friendsgiving to celebrate their achievements and give thanks to the teachers and mentors who have helped them achieve success. This year's activities included meeting with classmates in the mods to decorate gourds, spending time with friends, and playing trivia. Shortly after, students descended the stairs with their newly decorated gourds to Nevin's auditorium for a friendly competition.

Friendsgiving was first organized in 2017 when a student senator at the time, Suyu Zhang, reached out to Dean Tony Sozzo about the idea. This year, medical student Senators Lillian Huang, Ipsha Banerjee, Alex Park, Audrey Huang and Derick Goff met with Dean Sozzo in September to begin planning for the day's events.

Because Friendsgiving is such a large event, they could not have planned it all without help from the Friendsgiving Planning Committee, including Aneesah Akbar, Anoosh K, Ashley Rosenberg, Rochelle M, Sahdev, Wenqi Qui, and Zoya Siddiqui. These students bravely volunteered to decorate, order supplies, and lead groups during the small group session!



Left: M1 Senators along with Dean Sozzo. Right: Dean Nadler giving his remarks to students at the 2022 Friendsgiving (@nymcschoolofmed



instagram)

Although in years past, students were sorted into their respective houses for group activities, this year, a different approach was introduced.

Students were sorted randomly into small groups before coming together as a class. Although some students expressed nervousness about who would be in their mods, after a short icebreaker, each group was determined to decorate their gourds.

Gourds were judged based on three categories: Anatomy (craftsmanship), Histology (aesthetic), and Foundations of Clinical Medicine (Effort). These categories reflected some of the disciplines covered by students' during their first few months in medical school. A student from each group was asked to present their gourds to the judges. The proud winners of the gourd decorating contest were the students from Mod 203, whose prize was an early chance to be served their Friendsgiving dinner.

The judges panel consisted of faculty members who were invited to give remarks on their first impressions of the Class of 2026. This included Mr. Roger Bender, Dr. Daniel Peters, Dean Tony Sozzo, and Dr. Zhongtao Zhang—all notable faculty members who dedicate their time to educating future physicians. Each speech was notable for containing thought-provoking, tender messages to the students.

Once the winner was announced, the students gathered outside the library for a magical moment before a turkey dinner: a toast by the Dean of the School of Medicine.

After the toast, students were finally able to sit and eat. Throughout the BSB and cafeteria, M1s could be seen enjoying dinner, mingling with their friends, and sipping on non-alcoholic sparkling apple cider. Thanks to hard work by the planning committee in the days prior, there were dozens of photo-ops so students could cherish these great memories for years to come.

"We definitely have a great overall class vibe" said Alex Park, reflecting on the outstanding enthusiasm demonstrated by students at today's events. From the smiles shared during the toast to the laughs had during dinner, Friendsgiving 2022 was without a doubt one of the greatest yet."

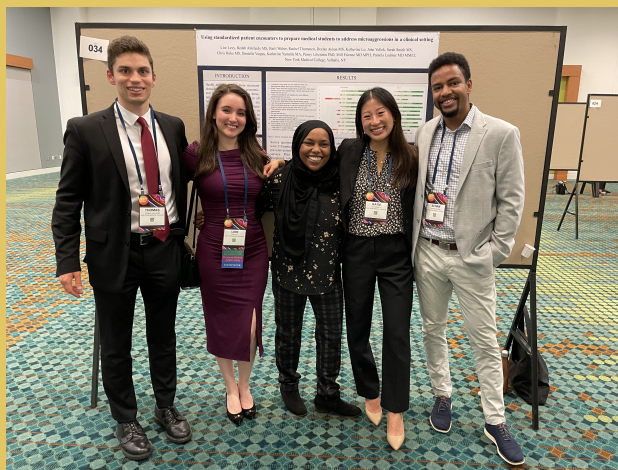


Takeaways from AAMC's Learn Serve Lead Conference in Nashville, TN

By Katherine Lo

Recently, a group of NYMC students (Schann Lartigue '24(1), Thomas Gagliardi '24(2), Lior Levy '23(3), and Redab Alnifaidy '23(3)) and I traveled to Nashville, Tennessee to present posters at the AAMC Learn Serve Lead Conference. Learn Serve Lead is an annual learning and networking event hosted by AAMC in which students, residents, researchers, clinicians, administrators, and health system leaders can expand their professional network, establish collaborations, and engage in thought-provoking discussions pertaining to medical education and healthcare. The conference opened with poster presentations from medical students, and during the subsequent days, attendees participated in workshops, visited booths at the Exhibition Hall, and learned from the wisdom of keynote speakers such as author Imani Perry, JD, PhD and philosopher and activist Cornel West, PhD.

On behalf of the Transformative Educational Leadership Program (TELP), I presented a poster titled "Standardized Patient Encounters for Preparing 3rd Year Medical Students to Address Implicit Bias."⁴ Other presenters discussed initiatives aimed at improving diversity, inclusion, and belonging at different medical schools, as well as novel approaches to medical education, career advising, and student mental health and wellness. Getting to share our curriculum at a national conference and learn from so many students and physicians that are passionate about improving healthcare and advancing medical education was truly inspiring and humbling - I highly recommend presenting at this conference if you have the opportunity!



From left to right: Thomas Gagliardi '24, Lior Levy '23, Redab Alnifaidy '23, Katherine Lo '24, Schann Lartigue '24

I also attended plenary sessions pertaining to a variety of topics. The session about constructing equitable, inclusive, and anti-racist learning environments emphasized racism and microaggression training in all levels of medical education, including among clinical instructors and pre-clinical faculty. It also provided examples of how other institutions, such as Medical College of Georgia, are investing in initiatives targeting medical school inclusion, such as pathway programming for high school students, an inclusivity council, and a prematriculation program similar to our very own at NYMC. During "The Great Resignation in Healthcare?" and "Systemic Barriers to Humanism and Professionalism" I gained a deeper appreciation for the pervasive challenges many doctors face in our current age of EMR, medical coding, and "defensive medicine." The session proposed solutions to potential contributors to burnout - offloading administrative duties to non-physician staff, employing medical scribes, and channeling humanism (e.g. rounding in front of patients, providing personal days, and properly acknowledging and debriefing after patient deaths). "Moving Forward in the New Era of Pass-Fail USMLE Step 1" discussed the importance of authenticity in pursuing student activities and alluded to increased emphasis on letters of recommendation, the MSPE, and non-academic AAMC competencies in evaluating future residency candidates. I also learned more about how certain organizations, such as the CMS Innovations Center and Dartmouth, are addressing social needs through value-based medicine.

Along with presenting and learning at the conference, I valued the opportunity to network with medical students from other schools, enjoy live music, and eat some delicious barbeque (including the best grits I've ever had!) We even got to meet the famous Dr. Dustyn Williams, founder of OnlineMedEd. Overall, attending Learn Serve Lead was an immensely rewarding experience, both personally and professionally. If you have questions about this conference or are interested in attending in the future, please feel free to reach out!

(1) The Power of Reflection: The Impact of a Medical Student-Led Traumatic Brain Injury (TBI) Support Group. Authors: Sara K. Heide, BS; Matthew Vaughan, BS; Maya V. Pandit, MPH; Schan M. Lartigue, BS; Mill Etienne, MD, MP

NYMC Diversity in Research Study Group: Transforming the Research Landscape by Building a Student-Run Inclusive and Diverse Community. Authors: Schan Lartigue*, Maziyah Ogarro*, Joshua Choe, Jason Morency, Candice Dyce, Harry Haran, Doria Weiss, Ebtisam Zeynu, MS, Maya Pandit, MPH, Mill Etienne, MD, MPH

(2) The Efficacy of a Pre-Matriculation Program for Medical School Matriculant Academic and Personal Success. Authors: Kirquenique Rolle*, Thomas Gagliardi*, Maya Pandit, Christopher Hoke, Samuel Honig, Thomas Glazer, Megan McCordic, MD, Kristina Petersen PhD, Mill Etienne, MD, MPH, FAAN, FAES. *Co-First Authors

(3) Using standardized patient encounters to prepare medical students to address microaggressions in a clinical setting. Authors: Lior Levy, Redab Alnifaidy MS, Harli Weber, Rachel Thommen, Deelan Ayhan MS, Katherine Lo, John Vellek, Sarah Smith MS, Danielle Vargas, Christopher Hoke MS, Katharine Yamulla MA, Penny Liberatos PhD, Mill Etienne MD MPH, and Pamela Ludmer MD MMEL

(4) TELP Scholars and Project Contributors: Katherine Lo, Harli Weber, Rachel Thommen, Deelan Ayhan, John Vellek, Sarah Smith, Danielle Vargas, Christopher Hoke, Lior Levy, Redab Alnifaidy, Katharine Yamulla MA, Penny Liberatos PhD, Mill Etienne MD MPH, and Pamela Ludmer MD MMEL

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House of Representatives Updates

The House of Representatives is happy to announce the newly elected M1 Representatives for the 2022-2023 school year:

Branch House- Ryan Cosgro

Bryant House- Rochelle Mendonca

Burgess Holley House- Jeremy Appelbaum

Sunshine House- Isadora Pinheiro Costa

Wright House- Bram Roth

Gray-Crump House- Rahul Prasad

Kogel House- Carolina Taico Oliva

Lozier House- Juliet Shatkin

Remsen House- Alexandra Chaves

Steward House- Kourtney Kelly

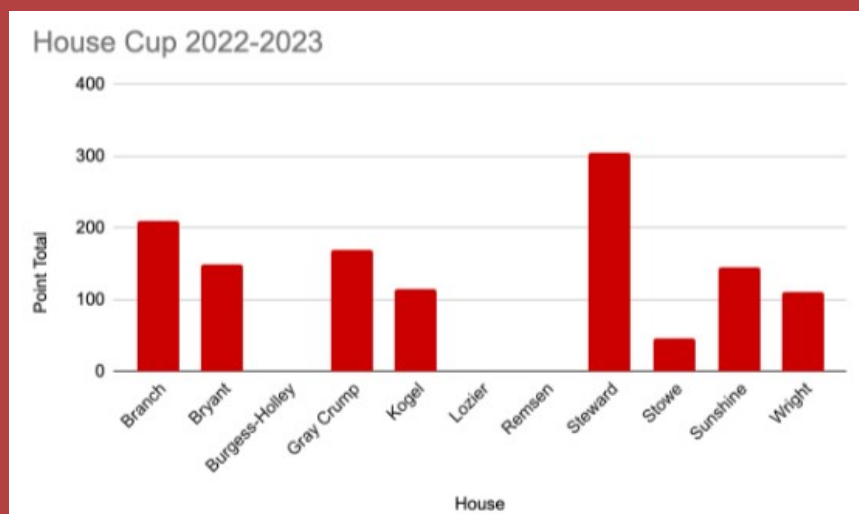
Stowe House- Aneesah Akbar

Congratulations and we are excited to work with you!

House Cup Update November 2022

Contribute to your house points by attending house events, signing up to be a peer

mentor, participating in service activities and more. The winning house will be announced in March 2023 and receive a prize!



Professionals of NYMC Awards, Fall 2022

The Peer 2 Peer (P2P) Committee is excited to announce the latest winners of the “**Professionals of NYMC**” Award. This spring, students were eager to recognize their peers for their contributions to the community - we received many nominations from members of all class years! We want to take this opportunity to thank everyone who was nominated for working hard to make the NYMC community an even better place, and uplifting their peers while doing so. The winners of the Fall 2022 Professionals of NYMC Award are:

Class of 2023: Ariel Sasson

“Ariel deserves to be recognized as a Professional of NYMC because he is extremely helpful, kind, selfless, and dependable. He puts in so much care, love, and time into helping others and never expects anything in return. This feeling is not only held by me, but also by many of my classmates and students from other years. Anytime I have a question, I can always message Ariel and will receive an in-depth, accurate response promptly. He will be a supreme physician who encompasses qualities that I will continue to strive for.

In addition, Ariel is the President of the Jewish Students' Association at NYMC. Thanks to him, we can practice together through his facilitation of Shabbat, holiday rituals, community gatherings, prayer services, and more. As an observant Jew, this had an important impact on me, because of the facility it afforded me to practice my religion in medical school. All the good he does in the NYMC community is purely out of the goodness of his heart, simply because he wants to help others succeed. He will make such a caring, thoughtful, and intelligent pediatrician one day. I am very grateful to have crossed paths with him at NYMC.”



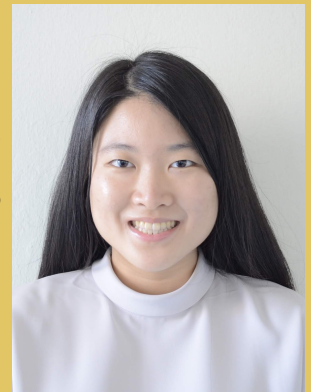
Class of 2024: Sara Rubino

“Sara has done numerous things to improve the lives of individuals, the school across class years, and the surrounding community. She is sweet, thoughtful, and caring. She has a keen understanding of how those around her feel and takes great care and thought in all of her interactions, putting others at ease. Her hard work and dedication have made a lasting impact on individual students and the NYMC community. She has helped underclassmen by both sharing her M1 and M2 notes with them and collecting books from upperclassmen to offer to them for free at the beginning of their school year. Outside of class, Sara served as the treasurer of the Blood Drive club and was a huge help in breaking the blood drive donation record last year by coming up with creative ways to recruit students to donate (such as offering up some of her baby spider plants to raffle off as incentives for students to donate!) Sara is also an avid volunteer and each year goes to the New York Special Olympics to help run the program. I am proud to have Sara as my peer here at NYMC. I can personally say she makes me a better person and I look forward to seeing what amazing things she continues to do for our community.”



Class of 2025: Chi-Yen (Joanne) Yao

“Joanne is a very warm and enthusiastic person. I think she does a lot of little things behind the scenes or things that go unnoticed because they come so naturally to her in terms of supporting people around her. She is always a great listener when you need to release stress. She goes out of her way to invite her peers (even across class years) to come and enjoy relaxing/de-stressing activities with her. She has always carried herself with compassion, integrity, and professionalism. Her active involvement on campus and dedication towards helping her peers should be recognized. Her commitment towards helping others is seen in her roles as PLP and an APAMSA mentor for two first year medical students. Her academic success doesn't sway her from providing valuable advice to her classmates and peers. She shows great discipline in her studies while balancing her time to spend with her peers and loved ones. She walks in with a warm presence to bring others up consistently. She is someone who I believe carries great qualities to be recognized as a professional of NYMC.”



Class of 2026: Joseph Correa

Joe is extremely supportive of everyone in the class, both academically and personally. Every conversation I've had with him has been friendly, compassionate, and warm. He works tirelessly, as a father of 4 with an hour commute each way, to ensure that we have incredible resources for studying. He uplifts his classmates by improving the transmission of information from lectures to students, thereby raising the professional standard of the class. He spearheaded the creation of a OneNote Class Notebook club, where a subset of students are paid to create notes that others can use to study. In addition, he shares great ideas for how we can improve these notes so future classes can also benefit from our resources. He used his business experience to create and maintain this notebook, which enables a platform for teamwork and increased understanding of the information being taught. I'm happy to call him a close friend, and strongly believe that he is deserving of this award.



P2P would also like to recognize the following students who were nominated for the award:

Class of 2023: Gihad Abdelhady, Andrew Flatley, Justin Lapow

Class of 2024: Chris Hoke, Thomas Gagliardi, Comreen Vargees, Alice Zhang, Sarah Solomon, Katie Lo

Class of 2025: Lindsey Immers, Shlomo Ungar, David Zuckerman, Michael Vasquez

Class of 2026: Kenisha Santiago, Steve Park, James Dweck, Rebecca Kann, Robert Wolf, Gregory Spaulding, Vitor de Oliveira, Aarti Jain, Emily Zhang, Isaac (Zack) Lubin, Isadora Pinheiro Costa

Congratulations to all of the winners and nominees; thank you for all that you do to enrich our community! Additionally, thank you to those who took the time to nominate and recognize the outstanding efforts of your peers.

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NYMC House of Representatives

NYMC Peer 2 Peer Committee

FOUNDER: Seung (Paul) Jeong, Class of 2018



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