



Saginaw E-Newsletter

AUGUST 2009

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Welcome Third Year CHM Students!

In July, fifteen third year medical students from CHM began clinical rotations in Saginaw. We have been learning many things—from how to get around Saginaw and where to go in the hospital, to how to use our pagers and what it's like to be on call. Below are short autobiographies from each of the students. We are looking forward to getting to know everyone here, and hope to learn a lot in Saginaw during the next two years!



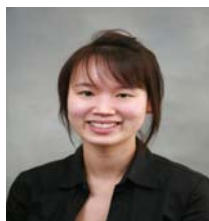
Sara Weldon - Sara is from Traverse City, MI, and attended college at the University of Notre Dame, where she studied pre-med and the Program of Liberal Studies. She has worked at a shelter for women and babies in Phoenix, AZ, and enjoys volunteering in the community. She also enjoys traveling, and has had recent adventures in Guatemala, Switzerland, and the Pacific Northwest. When in Michigan, one of her favorite places to visit is the Sleeping Bear Dunes National Lakeshore, where she always forgets how tiring the climb back up the dunes really is. Sara enjoys visiting all National Parks, and hopes to visit as many as she can. In her spare time she likes to run, bike, cross country ski, attend Notre Dame football games, and try new recipes.



Seema Varghese - I grew up in Flint, MI, where my family still resides. I went to Boston College for undergrad, where I majored in communications/studio arts. My medium of choice is oil paints. Painting is a big part of my life but it requires quite a bit of time, which is limited in medical school. I will always come back to it when I can. After graduating college, I moved to Spain to teach English and to intern at a contemporary art gallery in Madrid. When I came back, I moved to New York to work at an internet start-up. It was a great experience learning how a company is built from the ground up. While in New York, I started thinking more about medicine as a career option. So I entered a masters program in Chicago to study medical sciences and re-familiarize myself with the sciences. I really enjoyed what I was learning, which brings me here today at CHM-MSU.



Melissa Silverman - I graduated from St. Olaf College in 1999 with a B.A. in psychology. After, I did research in juvenile delinquency and mental health at Stanford University, worked in the California Newborn Screening program, and volunteered with the Yucatan Peninsula Education Project in Mexico (where I had a 12-step washing machine. Yes, a 12-step washing machine...ask me about it some time). Since medical school, aside from the plethora of factual information I learned, I also learned how to garden. Weeding became a great study break. Last summer, I went to Baja California and camped on the beach of the island Espiritu Santo in the Sea of Cortez. We went SCUBA diving everyday and at sunset, we would bring in fresh fish and clams to make ceviche. Other than this, not much has changed since I started medical school. My favorite days are still spending time with friends and family back home in California. I still have my dog Hakuna, who lets me practice my auscultation skills.



Madonna Lee - no relation to the pop star - is a third year medical student at Michigan State University's College of Human Medicine. She hails from East Lansing, Michigan, and attended Johns Hopkins University where she graduated with a Biomedical Engineering degree and minor in music. Over the years, she has discovered that she is solar powered. She also enjoys playing her guitar, singing, scrap-booking, and consuming ice cream. If she had to choose a career besides medicine, she would probably become a professional cheesecake baker.

"It is not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change."

-Charles Darwin

This newsletter contains:

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Alan Cantillep - Alan was raised in San Jose, CA, and went to college in Southern California at the University of California, Irvine in Orange County, where he majored in biological sciences. After graduating in 2006, he worked in clinical trial research. His hobbies include photography and playing the piano and guitar. Alan recently got into David Sedaris since he did a book signing one day at a place where Alan was studying for the boards. His favorite sport is hockey, and his favorite desert is tart frozen yogurt with berries. Alan's favorite TV show is 24 because Jack Bauer is a crazy man. His favorite fast food is In n Out, and his favorite composer is Liszt. What's in his 6 disc CD player in the car: 1. Zion I and the Grouch: Heroes in the City of Dope. 2. Air: Walkie Talkie 3. Bush: Razorblade Suitcase 4. Radiohead: Pablo Honey 5. Jurassic 5: Quality Control 6: I forget what's in that slot!



Emily Greenberg - I was born in San Francisco, California to my parents, Penelope and Scott, and I am the oldest of three daughters (my younger sisters are Jill and Amelia). When I was 4 my parents enrolled me in a French preschool so I would grow up speaking French and English simultaneously, which I did for one year until my parents realized that the school was teaching not only French language but also French patriotism. So I left the French school. From kindergarten through 6th grade I attended a private school run by wealthy hippies, where every student was required to learn to play a musical instrument and we called all our teachers by their first names and if you said anything negative to anybody it was called "killer statement" and you had to go see Annabel, the principal, to discuss your feelings. In the 5th and 6th grade we took class trips as part of our English class to the Shakespeare festival in Ashland, Oregon to watch various plays. The Ashland Shakespeare festival is still my favorite destination in the United States. When I was 13 I entered reality in the form of a public middle school and met a lot of the future felons of America. I also started to learn Spanish, which I have loved ever since. My favorite pastimes are dancing salsa, merengue, bachata, and chacha, living in Latin America, reading English lit, and playing cards and board games with my family and friends. My mom and I are currently trying to persuade my sisters that we should have a triple wedding in May 2011. Jill is on board, but Amelia is holding out on us. I will let you all know how that works out.



Karyn Ledbetter - Karyn has lived in Southeast Michigan her entire life. She attended the University of Michigan in Ann Arbor and received a B.S. degree in Biopsychology & Cognitive Science. Since 2001, Karyn has spent two weeks during the summer working with medical missions in rural Peru. During her time in Ann Arbor, Karyn also worked and volunteered at SAFEhouse Center, a shelter that houses, counsels and provides resources to survivors of domestic and sexual violence. After graduating from U of M in 2004, Karyn worked in neurology research at Henry Ford Hospital in Detroit for 3 years. Her research involved studying stroke, intracranial hemorrhage, and gliomas using magnetic resonance imaging. Karyn is also interested in all things "green". When she moved to Detroit, Karyn began a recycling program for her entire apartment complex. In her free time, Karyn enjoys being outdoors (in any season!) and spending time with her husband, Rob, and their dog and cat, Terra and Dama.



Colleen Skay - I grew up in Hinsdale, IL. I earned my BA in Spanish and BS in Microbiology from the University of Iowa, MA in Medical Sciences from Loyola University Chicago, and I'm obviously working toward my MD from MSU. I've had a variety of valued medical experiences including providing OBGYN care with migrant farm workers in Iowa, working with kids in the Pediatric Heme/Onc units at UIHC, and managing a multi-hospital system laboratory in Chicago. I moved to Saginaw with my husband, John, who is in the US Army, 7 month old daughter, Evelyn, and kitty, Oscar. Spare time seems to be non-existent these days, but when I find some, I enjoy spending it with my family, cooking, reading, and running.



Sukhi Bains - Born and raised in Canada by Punjabi immigrant parents, Sukhi attended the University of Western Ontario where she completed a BSc in Physiology and Sociology and a Masters in Sociology before moving to the US and entering medical school a week later. During graduate school, her interests focused on issues of social inequality with respect to race, class and ethnicity and the effects of colonialism on present forms of social order and oppression, medical school has been a definite change of pace. She hopes to keep her interests in the social world alive while being a medical student through being in the LMUV program and uncontrollably taking advantage of her small attention span by learning about new ideas and

engaging in new perspectives every day. Music, literature, film (art in general) and travel are the mediums she is most passionate about to experience the world around her, any and all suggestions through random conversation are more than welcome. You will likely hear me before you see me, but once you see me, I am pretty hard to miss.



Sarah Lindsay - Before coming to medical school, I worked as the lead teacher of a private middle school in Teton Valley, ID, and then taught first grade at a bilingual school in Honduras. Along the way I also served as the medical director of a summer camp for homeless children from NYC, a volunteer EMT on an island in VT, a medical assistant at Champlain Valley Urgent Care in Burlington, VT, and a ski patroller in the Green Mountains. Most recently I learned Portuguese and traveled to Brasil, where I volunteered in a cancer house and aided in rural hospitals in the Amazon. I love people, cultures, languages, and salsa dancing. While I sometimes forget to slow down and relax, I always manage to recharge at home with my boyfriend and 2 cats!



Angela Pham - Angela is a self-proclaimed nomad. She was born in Texas and raised in 6 different states around the U.S. Angela's parents originally hail from Vietnam (but curiously, she has never been there herself). Her animal family consists of her legally blind cat Iris (she was born without eyes) and her bearded dragon Calypso (a lizard who is much less fierce than she looks). Her people family lives in Novi, MI, and consists of her sisters Amanda and Sharon, brother Peter, and of course, her parents. Angela completed her undergraduate studies in English and Biology at Wayne State University. She does not know quite yet what kind of doctor she'd like to be, just that she hopes to relieve people of their ailments one day. Angela would love to consider herself an amateur film critic and a fairly decent chef. She will reckon herself having been successful in life if she masters the Rubik's Cube and someday makes it to Vietnam. If she had all the time in the world, she would read everything ever written by Kierkegaard and attempt to run a 10k.



Jes Chun - Jes grew up in Southern California, but spent a good deal of time in the Bay Area where she went to UC Berkeley for college and majored in Ethnic Studies. She also has a Master's degree in Public Health from UC Berkeley. After graduating, she worked for Kaiser Permanente, a national HMO, as an analyst and a project manager. In her third and fourth years, aside from learning copious amounts of information, Jes looks forward to meeting all kinds of characters, including some kind, gentle souls. In her spare time, she enjoys cooking, yoga, bike riding, playing with her nephew, being near water, and hiking. When she has more time, she would like to do a food tour of the world but for now will live vicariously through Anthony Bourdain on his show No Reservations.



Boramee Douk - Boramee is from Oakland, California and received her Bachelor's degree in Biology/Physiology from San Francisco State University. She is passionate about working in the community which has included launching Clinica Martin Baro, a student-run free primary care clinic in San Francisco's Mission District, cleaning and rebuilding homes in New Orleans following Hurricane Katrina, and organizing health and dental campaigns in the mountains of Huancavelica, Peru. She has cooking skills that can rival an Iron Chef and she can carve the mountain on her snowboard with the best of them. She probably should have her own show on the E! channel as she has traveled all over the world to places including Cambodia, Vietnam, Amsterdam, Paris, Brussels, Peru, Mexico, Thailand, and Hong Kong. She is excited to share her love for culture, fundraising and project organizing with her fellow colleagues and the community of Saginaw.



Melvin Ku - Melvin is from Villa Park, CA, and received degrees in Physiological Science from UCLA. As a volunteer with Global Service Corps, Melvin traveled to Thailand to work at an AIDS hospice. He has conducted research on the effects of the antioxidant lycopene and high and low fat diets on prostate cancer. As part of his graduate research, Melvin investigated the impact of diet and exercise on colorectal cancer. He also worked as a health care disparities intern with the UCLA Department of Family Medicine. Melvin's interests include environmentalism, diet and exercise, landscaping, gardening, interior design, enjoying the company of family and friends, reading books, and TV shows such as Gray's Anatomy, House, NYPD Blue, and The Simpsons.

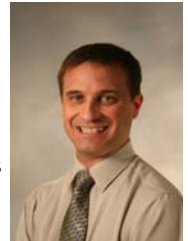


Josh Boys - Josh is from Ventura, CA and received a degree in Biology from San Diego State University. Josh recently worked as a genetics research assistant at San Diego State, contributing to three major population genetics research projects. He volunteered both as a musician and in the emergency room at San Diego's Alvarado Hospital, and as an EMT and surgical tech at El Buen Pastor Free Medical Clinic in San Quintin, Mexico. At San Diego State, Josh served as vice president and mentor coordinator of CUHRE (Collegiate Union for Health Related Education), providing academic and personal support to pre-professional health students. He was also a member of the leadership staff for Campus Crusade for Christ. Josh enjoys spending time with family and close friends. He also likes camping, hiking, road biking, rock climbing, soccer, playing the guitar, concerts, and wine tasting.

-Sara Weldon, MS-III

Saginaw Professor is the 2009 Family Medicine Educator of the Year...

Congratulations to Dr. Edward Jackson, Director of Family Medicine, Synergy Medical Education Alliance and Professor at Michigan State University College of Human Medicine. Dr. Jackson was recently named Family Medicine Educator of the Year by the Michigan Academy of Family Physicians. Dr. Jackson is an extremely valuable and committed member of the staff and faculty at Synergy. His service to the community and the medical students is very much appreciated.



Saginaw CHM student Receives Oncology Scholarship...

Donna Tyungu MS-IV is one of 9 students to receive an Oncology Student Summer Scholarship. This scholarship is sponsored by the College of Human Medicine Office of Research. Each student received \$2500 to support an intensive research experience related to cancer and oncology. Research mentors receive \$500. At the end of the funding period, the students must provide a final report and give an oral presentation to faculty and students. Donna is participating in a research project titled "*Neonatal Hyperbilirubinemia and it's Link to Acute Lymphocytic Leukemia and other Neoplasms.*" Her mentors are: **Said Omar, MD**, Neonatology/Pediatrics and Human Development, **Nigel Paneth, MD**, Epidemiology/Pediatrics & Human Development, and **Ali Artaman, MA**, Epidemiology. Congratulations Donna!!



Absence from Clerkships...

Just a reminder that if you are absent from your clerkship, you are responsible for notifying the following people:

**Clerkship Coordinator/Assistant
Preceptor
Assistant Dean's Office**

Failure to contact the appropriate people is unprofessional behavior and could be reflected in your final clerkship letter. There is an excused absence request form that will need to be filled out. You have all received an electronic copy of the form. You can also contact Bridget Hinds or the appropriate clerkship administrative assistant for the form.

If you need to request time off from a clerkship, you will also need to fill out an excused absence form. This form should be submitted to the appropriate clerkship director or preceptor. All time off must be made up.

Excused or unexcused absences of more than 5 days in an 8 week clerkship or 2.5 days in a 4 week clerkship could result in the failure of the clerkship.

Away Electives...

Students planning to do away electives must have final approval from the department at Main campus prior to the start of the clerkship. In-system electives are taken either at your home campus or one the other MSU-CHM community campuses and are arranged through your community assistant dean's office. Off campus electives are taken outside of the MSU-CHM system. Off-campus requests must be submitted to the community administrator and be accompanied by a complete an inter campus/off campus request form along with the following items:

1. A copy of the approval letter
2. A description of the elective

This information will then be sent to the appropriate MSU department for final approval. You may not begin an away elective until this process has been completed. All required paperwork must be on file in advance of the clerkship.

ERAS 2010 Timeline for Allopathic Schools

Date	Activity
August 2009	Residency programs will begin receiving their Program Director's Workstation kits (PDWS).
September 1, 2009	Schools, ECFMG, NBME and NBOME may transmit residency supporting documents. Residency programs may begin contacting the ERAS PostOffice to download application files.
November 1, 2009	MSPEs are released at 12:01 a.m.*
December 2009	Military match results are available.
January 2010	Urology match results are available.
March 2010	NRMP Match results are available, beginning at 1pm. Scramble.
May 31, 2010	ERAS PostOffice will close to prepare for the ERAS 2011 season.
July 1, 2010	Residency training begins.

Senior students are beginning the process of applying for Residency programs. Just a few pointers to assist in making this a smooth and error free process.

1. Please understand that it is not necessary that you have everything in before completing and sending your ERAS application. If you are waiting to figure out who will be writing your letters of recommendation (LOR) that is not necessary. You can go in and enter LOR's and add the names of the letter writers later, so please don't let that hold you up.

2. If you are applying to very competitive programs you need to get your application done as soon as possible. Programs are able to begin viewing your applications on September 1st, so you should at least have your application and personal statement done by then. It may also be helpful to have one or two letters of recommendations in by then also. Be sure you find out the correct LOR requirements from each program that you are applying to. **It is your responsibility to follow up with letter writers, and confirm that LOR's reach my office in time to meet program deadlines.**

3. Do not request your transcripts until after October 1. Hopefully, all of your grades from Year III will be posted by then (check online first). I also need a

photograph to scan into ERAS for you. If you would like for me to use your hospital ID photo, just let me know.

ERAS 2010 processing fees. These fees are:

1 – 10 Programs, \$65 (includes initial application fee)

11-20 Programs, \$8 each

21-30 Programs, \$15 each

31 or more Programs, \$25 each

We suggest that you make a copy of your ERAS application for your records. This information might be useful to you if you choose to apply to a fellowship program after residency.

NRMP 2010 Timeline

August 15, 2009 – Applicant registration begins at Noon Eastern Time

November 30, 2009 – Applicant registration deadline without paying an additional late fee of \$50

January 15, 2010 – Rank Order List Entry begins

January 31, 2010 – Program Quota Change Deadline

February 24, 2010 – Late Registration deadline. Rank Order Lists closes at 9:00 p.m. Eastern Standard Time

March 18, 2010 – Match Day

Transcripts...

Michigan State University Electronic Transcript Information

In addition to the traditional paper sent via U.S. Mail, official transcripts are now available in an electronic format. The electronic transcript allows recipients to view the transcript on a secure website instead of waiting to receive paper via U.S. Mail.

The Process

Current and former Students submit a [transcript request](#) and select "electronic" as the delivery format. Students will provide the recipient's name and email address. Recipient mailing address is also required for verification purposes.

Student notifies the recipient that the transcript will be delivered electronically and that the recipient will receive an email with simple directions to view the transcript. The email will always come from rotran@msu.edu. Within 1/2 business day, often less, the Office of the Registrar will process the order.

The recipient will be sent an email with a **secure access code** and a link to a **secure MSU website**.

The web site URL is: <http://www.reg.msu.edu/Transcripts/ETranscript.asp>. Recipients can also access the Electronic Transcript site from the [Office of the Registrar Home Page](#) by clicking on the "Transcripts" link.

Upon secure access code validation, the transcript will be presented in the Portable Document Format (PDF). If needed, download the free [Adobe Reader](#).

Core Competency Schedule

08/05/09 No Core Competency session

08/12/09 No Core Competency session (Yr. III); Career Development (Yr. IV)

08/19/09 No Core Competency session

08/26/09 No Core Competency session – EXAM WEEK



Please join us in wishing a happy and prosperous birthday to the following CHM Students:

Melissa Silverman, MS-III – August 15th

Shawna Ruple, MS-IV – August 10th

MSU/CHM Saginaw
Campus

Synergy Medical
Education Alliance

1000 Houghton
Saginaw, MI 48602

(989) 583-6960

(989) 583-6933

(989) 583-6945 Fax

We're on the Web!

http://www.synergymedical.org/med_program/msu-chm/index.html

MSU/CHM Saginaw
Campus Staff

Dr. Rae Schnuth,
Assistant Dean

schnuth@msu.edu

Catherine
Macomber, Curr.
Development
Specialist

Macombe2@msu.edu

Bridget Y. Hinds,
Community
Administrator

bhinds@synergymedical.org

August 2009

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12 Student Meeting	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 Summer II Clerkships End	29
30	31 Fall I Clerkships begin					