

# PEORIA PONS

*Bridging communication; Celebrating accomplishments*

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## New Year, New U(ICOM)

As we head into a new year, and a new decade, many of us reflected on our accomplishments from the past decade and goals for the future. A study on resolution psychology shows that your first step to accomplishing the goal is to believe you can do it. While about 40% of Americans set a goal for the New Year, little less than half of them will be successful at six months. However, if you think you believe in yourself, you are 10 times more likely to change compared to those without the resolutions.

With recent changes in college leadership, curriculum, and tuition, UICOM made resolutions to improve students' wellness, education, and finance. The February edition of the Pons highlight some of those improvements made possible through student initiatives and participation. While some New Year's resolutions are going to take a long time to achieve them, it is important to believe that you can make positive changes by providing constructive feedback, talking to your reps, deans, and your peers throughout your medical career. You will soon see what a difference it can make to our school and the community. As always, if you have any suggestions, please don't hesitate to contact your class reps or shoot an email to the dean's mailbox.

Christine Pak (M3)

## Peoria Medical Student Council (PMSC) Monthly Meeting

Wednesday, February 19th  
6:00 PM, UICOMP A100-2

Does your SIG event need more notoriety? Get your event included in the Student Events Calendar!

Contact Jaymi Belcher: [jaymib@uic.edu](mailto:jaymib@uic.edu)



# Upcoming Events

## Menstrual Hygiene Drive

**February 1st – February 29th**

The Ob/Gyn SIG is hosting a Menstrual Hygiene Drive. They will be collecting and donating essential feminine hygiene items to area women's and children's shelters. Boxes will be located in the UICOMP Lobby & OSF North Building student lounge.

## Emergency Medicine Skills Night

**Tuesday, February 11th**

**5:30 PM - 7:00 PM; Jump Skills Lab**

Contact Matthew Hwang (mihwang2@uic.edu) to register! Space is limited.

## Primary Care Symposium

**Saturday, February 22nd**

**8:00 AM – 6:30 PM; Jump Simulation Center**

Attendance is free. Register online at <https://www.jumpsimulation.org/pcs2020#>

## Residency Fair

**Thursday, March 5th**

**5:00 PM - 7:30 PM; Jump, Auditorium B**

All UICOM M1, M2, M3 students are invited to attend

5:00–5:30 p.m. – Social and Jump tours

5:30–6:00 p.m. – Buffet dinner

6:00–7:30 p.m. – Meet our programs

## Match Day

**Friday, March 20th**

**Warehouse on State Street**

Please mark your calendars for the Match! Social will be at 10am and envelope opening at 11:00am

## Spring Student Marketplace

**TBD in spring**

Event for students to exchange/give away/sell clothing, books, cooking utensils, food, and more; could also collect donations/leftover items. If you'd like to get involved, please contact your student reps.

## Talent Show

**TBD in spring**

Traditionally, the event was organized by M1s at the Urbana campus and brought to Peoria by popular demand. Last year the event featured a wide range of talent by medical students at Peoria and made donations to Cordoba Health Care!

# PMSC Updates

- UICOM is creating a Diversity, Equity, and Inclusion (DEI) Committee for students. If you are interested in advocating for DEI issues, please contact Anna Serrano (acserra2@uic.edu) or Ellen Cealey (eceale2@uic.edu) for more information.
- We have made major updates to the apparel sale for our students this year and more details will be very soon to come, so be on the look out!
- Spring Student Market - As you may have noticed from the upcoming events section, PMSC is working on organizing Spring Student Market this year. As many M4s relocate for residency, this will provide an opportunity for students to sell, trade, and donate their goods.
- PMSC wants to celebrate our amazing residents, faculty, and staff. We will be creating a monthly system for recognizing those that make our education so wonderful! Be on the lookout for more details on this soon.
- Blood Drive update: this year, blood drive was more successful than the previous years! 27 pints were collected at the January drive, which is more than double the usual at that time. Planning for spring drive in May. Thank you for your support!

## Snowball 2020 recap

On a snowy night in January, the events planning committee hosted Snowball 2020. The beautiful venue, Warehouse on State Street, mixed with the amazing decorations truly set the scene of the roaring 20s, past and present. Students were greeted by cocktails and hors d'oeuvres catered by Cracked Pepper. As students, faculty and staff mingled, it was clear that the night was going to be incredible. The night progressed and everyone from the students to the deans enjoyed the photo booth. There was dancing, raffles, and the naming of the flapper king and queen as well as best dancer (AJ Heaps in case anyone had any doubts). The night ended with people trickling out, content and ready to take on the upcoming semester.

Please check out the next page for highlights from the night. Thanks to the events planning committee, the event had a great turnout. Everyone loved the awesome decor and the new venue this year.

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CHICAGO PEORIA ROCKFORD URBANA

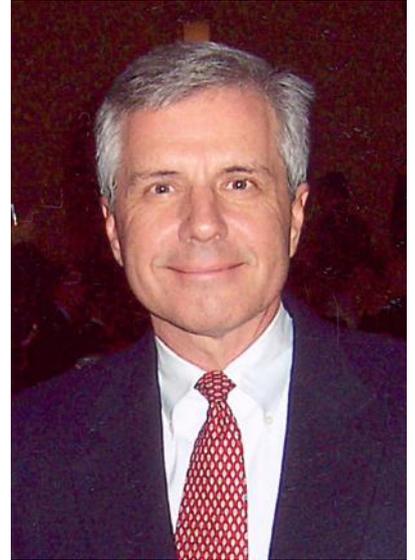


# Snowball 2020 photo highlights



# Remembering Dr. Bob Caughey:

Since 1977, Dr. Robert “Bob” Caughey’s passion in education has made him a mainstay at UICOMP. With his recent passing, this meritorious individual more than deserves acknowledgment, a sentiment shared by many of his friends and colleagues.



Dr. Bob in the pathology lab. His teaching was invaluable to students' learning, especially on tough subjects like interpreting electron microscopy images of the kidney.

A recent photo of Dr. Caughey scoring his very first hole-in-one.

Dr. Robert “Bob” Caughey

**Jennifer Zapf:** “From a faculty perspective, Bob emphasized connecting with students, whether through Docapella or Holiday Breakfasts. **He smiled for everyone and, true to his humble nature, encouraged students to serve in Peoria’s disadvantaged communities.**”

**Dr. Roger Geiss:** “When I started at UICOMP in 2004, Bob was the one who got me settled in. He was **proactive and incredibly responsive to student input.** The community considered him a deep friend, and it was an absolute pleasure working with him for all those years.”

**Dr. Sherri Yong:** “**He taught people to be positive and find ways to stand out.** His greatest talent was to never just give the answer to a student’s question but nudge them along the right line of reasoning. Plus, he had a wonderful laugh, and the Department of Pathology will truly miss his presence.”

**Landon Kunzelman, M4:** “My impression of Dr. Bob was **his eagerness to learn everyone’s backstory.** Just last year, he pulled me aside to show me a box of baby milestone stickers that read ‘1 Month’, ‘2 Months’, ‘3 Months’, and so on. He found them while organizing his late wife’s possessions and, knowing I was expecting a child, wanted me to have them.”

*I feel I can speak for the entire college in recognizing our gratitude for all that Dr. Bob has done. Thank you, Professor, for being the paragon of Peoria.*

Tahsin Zaman (M1)

# SIG Spotlight

*In this section we ask you, the readers, about the student interest groups that you're involved with. Each month, we highlight a group and find out what they do and why you should join.*

In this edition of SIG Spotlight, Ellen Cealey M3 and co-president of the **American Women's Medical Association (AMWA)**, tells us more about the organization's mission and goals. Read more to learn about AMWA and how you can get involved.

## What made you start this SIG?

AMWA at UICOMP has been around for many years. I'm not sure who started it, but I'm happy to be part of the team that's helping it to continue.

## Who should join?

Anyone that is interested in the future of women in medicine should join!

## What does your SIG do?

As a SIG, we advocate for equity for women in medicine, which is part of the mission of the national organization. To do that, we host events to motivate our students to advocate for their futures and interact with other groups at the high school and undergraduate level to encourage future physicians.

## What are your SIG's goals for this year?

Our main goal for this year was to create a better outline for ourselves. We implemented standard monthly meetings and events that we would host each year. We will be hosting "Ask a Doc" sessions at Peoria High School this semester, which we hope to continue next year, as well as a panel for Bradley pre-med students. We just completed our largest event for the year, the Physician Mentorship Panel, which was a great success.

## When is your next meeting?

Our next meeting is scheduled for February 4th at 6pm in A200-B/C. Is there anything else we should know about your SIG that you didn't get to discuss? We have lots of leadership opportunities every year and we always welcome anyone that wants to join.

## For those who want to join, who should they contact?

Please email one of the Co-Presidents, Ellen Cealey (ecele2@uic.edu) or Breanna Sullivan (bsullvn2@uic.edu)

Michelle Famakinwa (M3)

## American Medical Women's Association Hosts Annual Physician Mentorship Panel

On January 16th, AMWA hosted our annual Physician Mentorship Panel, where we invite local women physicians to speak to our group about their experiences as women in medicine, work-life balance, and more.

Our panelists were Dr. Kok - Clinical Associate Professor of Emergency Medicine, Dr. Kendhari - Assistant Professor of Clinical Pediatrics, Dr. Na'Allah - Professor of Clinical Family Medicine and Family Medicine Obstetrics Fellowship Director, and Dr. Woodring - Clinical Associate and future resident in pediatrics. The panel was arranged by AMWA's VP Dom Bruncko and had nearly 20 students in attendance. We look forward to hosting the panel again next year! If you have any questions about AMWA, feel free to reach out to Ellen Cealey (ecele2@uic.edu).



# OTHER ANNOUNCEMENTS

## Know of anything Pons-tacular?

We are always looking for stories, events, or accomplishments that happen around UICOMP. If you have a story you'd like to see included in the *Peoria Pons*, please email written articles to Anna Kolasa or Christine Pak. Please keep all articles to 250 words or less; photos are always encouraged. Deadline: 25th of every month.

## THE LIST OF STUDENT INTEREST GROUPS AND CONTACT INFO

Click [here](#)

## THE LIST OF ELECTED STUDENT LEADERS 19-20

Click [here](#)

## University Medical Student Council (UMSC) Quarterly Meeting

Saturday  
March 7th  
10:00 AM  
@ Peoria



YOUR PMSC 2019 - 2020

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