

HEART-IM

Spring Newsletter



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The HEART-IM 2020 students and planners would like to offer our sincere and heart-felt gratitude to alumni for supporting this year's elective experience spiritually and financially.

In this spring newsletter, we're excited to share our adventure of taking HEART-IM virtually for the first time ever, some highlights from alumni weekend, and introduce you to next year's planners!

What a memorable year it's been! Thank you again for your encouragement and ever-present love.



Laughing together in peer-led group improv

A Virtual HEART

Opening circle, online. The screen froze and, for a moment, I could feel everyone thinking the same thing - would this work?

After a year of planning, when we were just a few weeks away from actualizing HEART-IM 2020, all of our carefully-laid plans had come crashing down, causing us to quickly re-create the experience of the elective online. And there we were, the first virtual HEART opening circle, momentarily frozen in time...

Fortunately, we didn't have to wait long for our answer. As the introductions continued and the sparkle fingers made their appearance, we soon discovered a group of eighteen students with similar spirit of passion, curiosity, and energy. The foundation was laid for what was to be an incredible and memorable month together, apart.

**"Those who seek to do good will find the key to the Gate. Those who come with Love, will find the Gate already open."
-Rabindranath Tagore**

Below are just a sampling of the many positive comments from this year:

"The energy in our zoom calls was unlike anything I have experienced before. It was clear that the HEART magic was still alive and that we were all there to learn from and grow with each other. Rarely have I felt such support and never in a medical setting. I am so incredibly thankful for the connections with my fellow HEARTies and I know that we will continue to be a source of support and sustenance for each other throughout residency."

"Woah, where do I begin? HEART was by far my favorite month of medical school. It brought together so many wonderful humans (both students and faculty) to discuss so many topics that will help me be the healer I want to become. I absolutely LOVED the opportunity to connect with people who share my passions and who I know will do amazing things in this world. This was the perfect transition from medical school to residency. It was an opportunity to reflect on what these last few years have been and to reignite my fire and begin residency with a full heart."

Due to the coronavirus pandemic, many students' graduation ceremonies were either cancelled or converted to an online format. To help make our transition from student to doctor even more memorable, HEARTies ensured this year's closing ceremony was extra special - and created a unique graduation ceremony of our own!

Including:

- Graduation [program](#)
- Keynote by Rohini Kanniganti
- Hooding, with affirmations from virtual mailboxes and faculty Eran Magen on guitar
- Collaborative [Oath](#) and [video](#)

Alumni Weekend 2020

Over fifty alumni from across the U.S. joined for another first: a virtual HEART-IM alumni weekend retreat! The event started with fifteen beautiful minutes of quiet mindfulness in meditation or prayer to send love to the world, our community, and each other in this time of crisis and healing.

One by one, the alumni and current HEARTies took turns expressing their present state of mind, body, and spirit. The full array of the human experience was demonstrated with expressions of frustration, joy, sorrow, and gratitude. There were a few tears, many smiles, and, of course, plenty of loving sparkle fingers.

The HEARTies of 2020 cannot wait to meet each other in person, and also all of you at the 2021 alumni weekend - next year in Ben Lomond!

Though we were dispersed this year, not dissimilar to the small seeds of great conifers, our roots are amongst those Redwoods. In tribute, we designed these one-size-fits-most dress socks to keep us grounded in HEART as we take this community with us to our healing work.



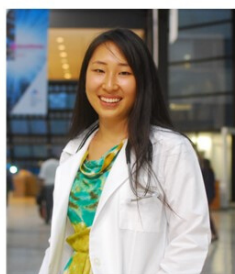
If you'd like to join us in wearing our hearts on our feet, click this [link](#) to pre-order a pair and we'll keep you in the loop as we sort out logistics!



**“Those who have a 'why' to live, can bear with almost any 'how'.”
- Viktor Frankl**

Meet the 2021 Planners

It's time for that great passing of the torch to next year's planners! Please join us in welcoming them to the HEART-IM family, and consider making a [donation](#) to help keep HEART beating for years to come.



Eileen Wang
Icahn School of Medicine at
Mount Sinai
OB/GYN



Maya Prabhu
Wright State University Boonshoft School
of Medicine
Family Medicine



Myissa Weiss
University of New Mexico
School of Medicine
Pediatrics or Emergency
Medicine



Sarah MacLean
Icahn School of Medicine at
Mount Sinai
Pediatrics



Cynthia Pathmathasan
Northeast Ohio Medical University
Family Medicine

**"If everything around you seems dark, look again,
you may be the light."**

- Rumi

