

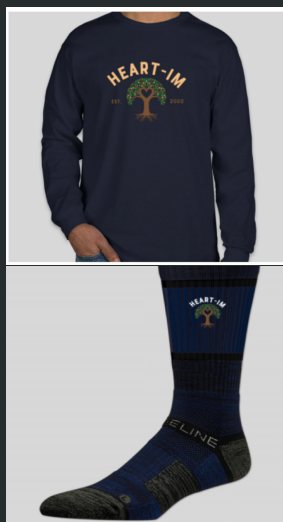
## Save the Date!

The next HEART-IM will be 3/28/22-4/22/22 (Virtual vs. In-Person TBD). Alumni Weekend will be 4/9/22-4/10/22.

## Donations

Please consider donating so that the light that is HEART-IM continues to burn! The link to the donation page is located [here](#). All donations are tax deductible.

We are continuing to sell HEART-IM shirts and socks. If you are interested in buying, please fill out [this form](#).



# HEART-IM

## Spring 2021 Alumni Newsletter

With the blooms of spring comes the incredible month of HEART-IM. The students and planners would like to express their deep appreciation and gratitude to the alumni who have paved the way, emotionally, spiritually and financially, for our graduating fourth-year students. In this newsletter, we recap the second year of virtual HEART-IM (and the 20<sup>th</sup> anniversary of its inception)!



*HEART-IM 2021 Graduation Ceremony*

## A Virtual Redwoods

This was the second year of Virtual HEART-IM and, although we were disappointed we could not be together in the Redwoods, the connections among these 24 incredible individuals were just as deep. Thankfully, we had the experience of the HEART 2020 Planners to help guide us in re-creating a virtual space for our students, including using Zoom (everyone's favorite!) and Discord, a virtual chat platform we used to share book recommendations, love on each other's pets, and play "guess who" with baby pictures and fun fact! HEART-IM 2021 included students from osteopathic and allopathic schools, spanning time zones PST to EST, going into specialties from family medicine to OB/GYN to dermatology. We had students who lost loved ones, had appendices taken out, and bought new houses—and we were there for each other through it all.

## Greatest lessons learned, from HEART-IM 2021 students

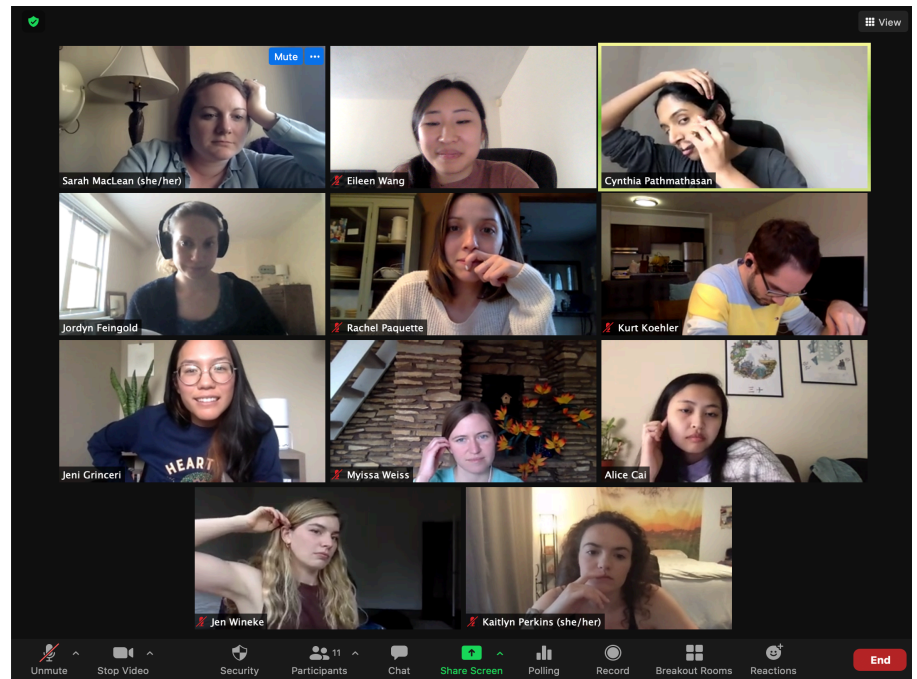
"I am enough. Vulnerability is a love language."

"All of the 'systems' around us aren't designed for our health or well-being. So we have to change those systems."

"I already possess everything I need to be a good doctor: the capacity to love and be loved. All the medical know-how is secondary."

"The antidote to exhaustion is not rest, but wholeheartedness' - David Whyte"

"You are the only version of you out there, and the best version at that. Be kind to yourself."



*Makeup tutorial with Cyndi*

The HEARTies continued the traditions of sparkle fingers (with the addition of sparkle chats \*\*\* and emoji hearts) and hand-danced with each other with Barbra. We bonded with Drew, created new daily habits with floors and ceilings with Ben, took a deep dive into relationships with Eran, rubbed our elbows with sesame oil with Rohini and cooked up delicious cashew cream with Wendy. And we had incredible workshops and sessions led by our very own students on herbal medicine, indigenous health, positive medicine, structural competency, narrative medicine and osteopathic manipulation. Two of our HEARTies, Rachel and Alice, were yogis who led morning sessions twice a week, and Tommy led focusing sessions. And, of course, we also hung out!



*Philly HEART Meetup*



## Key realizations

“That being silly around my colleagues should be normalized and that I shouldn’t be afraid to be myself. Meeting all these doctors who are so openly themselves and being in this group of wonderful medical students who encourage each other to be weird has been so lovely.”

“The sheer importance of bringing our authentic selves into our work environments / residency -- leading with our own strengths, highlighting patients' strengths, prioritizing, and finding time to live the life we were born to live (in spite of the craziness of medical training).”

“There are other healthcare providers like me out there who want to heal both their patients and our healthcare system.”

## Please welcome our Newest HEART-IM Alumni!

**Ali Rakestraw** – FM, St. Joseph Hospital, Denver, CO

**Alice Cai** – OB/GYN, Penn State, Hershey, PA

**Chiara Rosenbaum** – Derm, Beaumont Health, Detroit, MI

**Cynthia Pathmathasan** – FM, UPMC St. Margaret's, Pittsburgh, PA

**Eileen Wang** – OB/GYN, UPenn, Philadelphia, PA

**Jen Wineke** – Psychiatry, University of Maryland, Baltimore, MD

**Jeni Grincer** – IM, UC Irvine, Irvine, CA

**Jordyn Feingold** – Psychiatry, Mount Sinai, New York, NY

**Justin Sandhu** – IM, Mountain View Hospital, Las Vegas, NV

**Kaitlyn Perkins** – FM, Henry Ford, Detroit, MI

**Kasey Johnson** – Psychiatry, UND, Grand Forks, ND

**Katherine Deagan** – FM, Methodist Health System, Dallas, TX

**Kelsey Hickey** – FM, Central Maine Medical Center, Lewiston, ME

**Kurt Koehler** – IM, UPenn, Philadelphia, PA

**Maya Prabhu** – FM, University of Cincinnati, Cincinnati, OH

**Michelle Munyikwa** – Med-Peds, UPenn-CHOP, Philadelphia, PA

**Myissa Weiss** – Pediatrics, University of Utah, Salt Lake City, UT

**Rachel Paquette** – OB/GYN, Medstar Georgetown, Washington, DC

**Sarah Lossie** – IM, Largo Medical Center, Tampa, FL

**Sarah MacLean** – Pediatrics, UPenn-CHOP, Philadelphia, PA

**Tommy Morello** – FM, Puyallup Tribal Health Authority, Tacoma, WA

**Vicky Nguyen** – IM, Baystate Medical Center, Springfield, MA

**Virginia Keim** – FM, Soin Medical Center, Beavercreek, OH

**Zoë Lehman** – FM, Swedish First Hill, Seattle, WA

We were honored to serve as this year’s planners for a difficult period but for a wonderful experience and community. Thank you so much for all your love and support, and for reading this newsletter. We hope to see you all in-person someday and give you big hugs!

With love and gratitude,  
The HEART 2021 Planning Team  
Eileen, Sarah, Maya, Myissa & Cynthia