



SOMA Foundation Newsletter

Spring 2021



“Supporting the education and professional development of osteopathic medical students through a not-for-profit commitment to administering scholarships and promoting philanthropy”

An Overview of SOMA Spring Convention

The 2021 SOMA Spring Convention was another successful virtual conference for SOMA members and the Foundation. This year, with the support of SOMA, we hosted a unique virtual social event that attracted dozens on Friday night. Colleen Murray, an Improv actress, and her fellow performers had everyone in stitches with an hour of jokes, games, and celebrating the outgoing board members. In addition, we hosted a community service event "Letters Against Isolation," a letter writing campaign to make and send cards to those in nursing homes. During the House of Delegates, we awarded several scholarships including one brand new one "Coping with Covid" that showcased the talents, hobbies and service that students are doing during the Pandemic. Finally, we transitioned board members and welcomed in the newest Directors to the Foundation. The incoming group has many phenomenal ideas, so we are eager for what is in store for the SOMA Foundation this year!



Please do not hesitate to connect with us, and if you are interested in getting more involved in our Scholarships and Grants program, please email chairperson@studentdo.com. Stay healthy and we look forward to seeing you at a conference in the near future!

Virtual Community Service Events

SOMA and SOMAF agreed to start a national initiative to help combat food insecurities! We partnered with #GIVEHEALTHY to create an easy way to donate healthy and fresh food options. Each donor could donate to the food bank of their choice. After the drive ended, fresh food was delivered directly to the food banks.

Love to Fight Hunger



#GIVEHEALTHY
BECAUSE HUNGER IS A HEALTH ISSUE

During the SOMA Spring Convention, SOMAF and SOMA held a letter-writing session where members wrote to senior citizens in isolation during the pandemic. Letters Against Isolation provided addresses for assisted living facilities across the country, and SOMA members together wrote over 60 letters sharing messages of solidarity and hope to facility residents who may not have been able to see family in nearly a year.



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SOMA Foundation Night Out: Virtual Improv Night

During Spring Convention, the SOMA Foundation assisted in hosting a virtual improv night! Colleen Murray has performed in Chicago at The Second City, IO, and The Annoyance Theater. She brought many laughs as she shared jokes and stories. She even had us dancing in the middle of the event! The most memorable part of this event was when we played Word Train. Each of us had to add a word to the sentence to create a hilarious story. It was great to let loose with our SOMA family!



Introducing the 2021 Northup Educator of the Year: Dr. Mark Slivkoff, PhD

The George W. Northup Educator of the Year Award was developed in honor of George Northup, D.O. Dr. Northup acted as a mentor to many osteopathic medical students throughout his career, often going above and beyond the call of duty to improve students' educational experiences.

Each year, local SOMA chapters nominate a professor, dean, or faculty member from their osteopathic medical school who exemplifies the qualities of Dr. Northup. Nominees in the past have provided countless additional hours to students

during exam preparation, have opened their homes to students, volunteered in the community, and acted as a friend when needed.

We are excited to announce that the Spring 2021 SOMA Delegates selected Mark Slivkoff, PhD from Idaho College of Osteopathic Medicine (ICOM) to receive this award! Dr. Slivkoff is an Associate Professor of Physiology at ICOM. He has made a challenging subject more approachable with his clever demonstrations and by catering to each student's needs. Students at ICOM see him as an advisor that goes beyond his role as a professor to ensure each student is doing well outside the classroom. His video blogs throughout the pandemic are a wonderful representation of that. For more information on how Dr. Slivkoff has impacted his students' lives here is video they put together highlighting his efforts:

<https://www.youtube.com/watch?v=l6QwdjokeI0>



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Coping with COVID-19 Campaign

The SOMA Foundation launched our new Coping with COVID-19 mental health initiative this year! We created this new fundraising campaign to encourage positive mental wellness activities during a difficult time in all our lives. Each donor who donated over \$50 and each student who donated over \$12 received a mask as seen below.



With the help of our donors and students, we were able to use this fundraiser to create our new Coping with COVID-19 scholarship. Applicants had to demonstrate the way in which they coped with COVID through a creative outlet. We received many submissions, including singing, sketches, poetry, and many more! Overall, we were able to award three \$500 scholarships to the scholarship winners. Because it was so difficult to select from all of the outstanding submissions, we also awarded five \$100 scholarships to runner up recipients. A big thank you to everyone who donated to the campaign!

Spring Scholarship & Grant Recipients

With the completion of our spring scholarship cycle, we are excited to announce our winners! We received many qualified applicants all of which are doing impressive work at their medical schools and in their communities. We are proud of all of them and look forward to inviting all osteopathic medical students to apply for scholarships and grants this Fall. Furthermore, we want to thank our generous benefactors for their ongoing support of the SOMA Foundation allowing us to offer these opportunities to students!

Below are the recipients of our spring scholarships, including their year and medical school:

Coping with Covid-19 Scholarship *Sponsored by the Coping with COVID-19 Campaign*

Winners

1. Nilsha Khurana, OMS-II; Touro University COM – Nevada
2. Jennifer LeRose, OMS-II; Michigan State University COM
3. Elias Makhoul, OMS-II; Nova Southeastern University KPCOM

Runner Ups

1. Thomas Auen, OMS-III; Idaho COM
2. Cindy Chu, OMS-I; Michigan State University COM
3. Michael Furey, OMS-IV, Meghan Oram, OMS-II, & Dr. Jacob Cukierski; Lake Erie COM
4. Heather Pol, OMS-II; Campbell University COM
5. Anh-Dao Tran, OMS-II; Michigan State University COM

Leadership in Specialty Medicine Scholarship *Sponsored by the SOMA Foundation*

1. Amna Jamshad, OMS-IV; Philadelphia COM – Georgia
2. Pascal Vo, OMS-IV; Lincoln Memorial University-DeBusk COM

A.T. Still Memorial Scholarship *Sponsored by Physician Loans*

1. Janae Rasmussen, OMS-III; A.T. Still University COM – Arizona

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Donate Donate Donate!

Would you like to help fund new (and existing) scholarships like the Coping with COVID-19 scholarship mentioned above? Last year, we introduced a new platform for donations! We will be using the proceeds to continue to fund our many grants and scholarships. Any donation is much appreciated! Please use the following link or QR code: <https://www.classy.org/campaign/soma-foundation-donation-page/c266513>



Happy Match Day!

We are so proud of the 4th years on our previous board of directors! All 3 of them matched into the specialty of their choice. We can't wait to watch them become incredible physicians!



Shikha Patel

2020-2021 Foundation Chairperson

Residency: Family Medicine at NYP-Columbia



Renee Wakulski

2020-2021 Vice Chairperson

Residency: Pediatrics at Advocate Christ Hospital



Ayesha Hasan

2020-2021 Director of Financial Affairs

Residency: OB/GYN at Saint Francis Hospital

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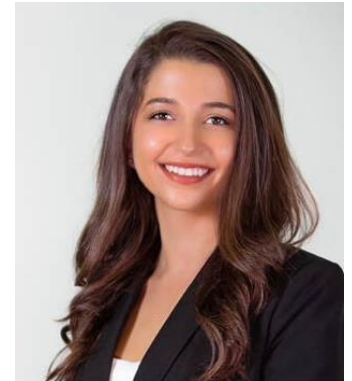
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We thank you for your support!