

THE AWIMS ADVISOR

News from the Alliance for Women in Medicine and Science

May 2019

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Making History and Making an Impact

Greetings, colleagues.

I am thrilled to present you with another edition of the AWIMS Advisor. You will notice that we continue to prioritize education through our seminars on women physicians in WWI and HeForShe. We also made history with SIU's first ever production of 'The Vagina Monologues,' which benefited the Sojourn Shelter and the Phoenix Center. We proudly support our community through projects such as winter warming stations where three highly dedicated teams prepared meals for our homeless. It is truly an honor to work with an incredible group of passionate and committed members of the SIU community to continue to support the missions of AWIMS and that of our school. We greatly appreciate your support!



Vidhya Prakash, MD, FACP, FIDSA
Director of SIU Medicine AWIMS

AWIMS Mission Statement and Vision

MISSION: To provide a supportive forum to promote honest discussion and positive change in the realms of gender equity, career advancement, work-life balance, and community service, and to champion professional development and promotion of women in medicine and science.

VISION: A strong and meaningful alliance among all members of the medical community, with the common purpose of working harmoniously in an equitable environment to support the mission of SIU Medicine.



American Women Physicians in WWI



“The women of the medical profession were not called to the colors, but they decided to go anyway.” - *Esther Pohl Lovejoy, MD*

AWIMS and the Medical Library teamed up to organize a viewing of the film, “At Home and Over There: American Women Physicians in World War I.” Produced by the American Medical Women’s Association (AMWA), the film brilliantly highlights women physicians’ efforts to serve overseas during WWI. During expansion of the armed services medical corps, women physicians registered only to have their applications denied. Members of the newly founded Medical Women’s National Association (later renamed AMWA) fought with passion to serve at home and abroad. Ultimately, women physicians were hired; 56 women were contract surgeons, 11 of whom worked overseas as anesthetists. In spite of battling gender bias and in the case of African American physicians, gender and racial bias, these courageous women persevered and heroically contributed their brilliance, passion and energy to our country.

[AMWA Exhibition: American Women Physicians in WWI](#)

Winter Warming Center

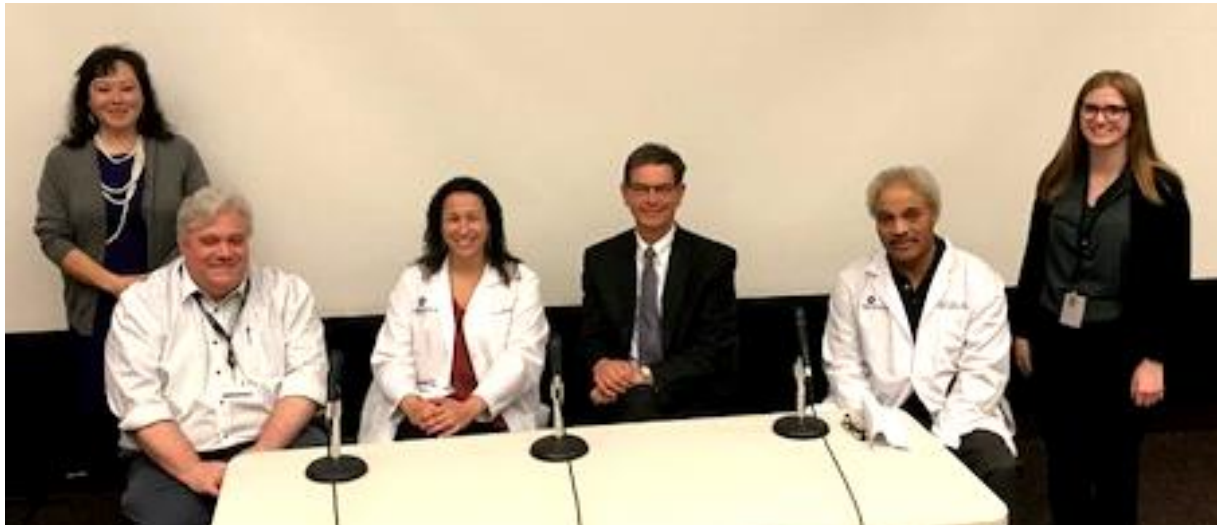


Springfield's Winter Warming Center got very special deliveries from AWIMS between January and April 2019. Three phenomenal teams, led by Dr. Anna Cianciolo, Ms. Patrice Jones and Dr. Vidhya Prakash, cooked and served hearty and delicious meals to our homeless community members. Items ranged from delectable home-cooked spaghetti and meatballs to scrumptious crockpot beans and fresh muffins.

The Winter Warming Center, an additional emergency shelter serving our community's homeless men and women, is available to stay safe and warm. The Warming Center located at 1015 E. Madison St. is open 5 pm - 7 am weekdays and 5 pm - 8 am on weekends and holidays between November and March. While the Center provides emergency shelter for those in need, they do not have the capacity to provide meals on a daily basis. This is where AWIMS and all members of the community can help. Special thanks to Ms. Patrice Jones for organizing and coordinating the teams!



HeForShe Panel Discussion



Ms. Kimberly Palermo, education co-chair for AWIMS, organized an exceptional HeForShe panel discussion February 7. It addressed issues such as the importance of women in leadership, whether a man can be a feminist, gender equity and how men can champion the professional development and promotion of women. Moderated by Dr. Christine Todd, panelists included Dr. Robert Robinson, Dr. Jody Lack, Dr. Jerry Kruse and Dr. John Flack.

HeForShe is a global solidarity movement initiated by the United Nations that is “an invitation for men and people of all genders to stand in solidarity with women to create a bold, visible and united work force for a gender equal world.”

[HeForShe](#)

[UN Women HeForShe](#)

Spring Rejuvenation Retreat



AWIMS held its Spring Rejuvenation Retreat on Saturday, April 20, at the Memorial Center for Learning and Innovation. After a scrumptious and energizing breakfast consisting of chia seeds soaked in milk, Dr. Christine Todd led attendees through a “Rough Pictures” exercise, entailing expression of thoughts and feelings in the form of artwork. Participants were enlightened on principles of Ayurveda and yoga by guest speaker [Ms. Justina Schacht](#), and on traditional Chinese medicine by Dr. Leslie Smith. Guest speaker [Ms. Teri Freesmeyer](#) led an eye-opening “tire exercise” where individuals recognized areas of imbalance in their lives. The retreat closed with a session on mindful eating of delectable, homemade kale chips and dried fruits by Dr. Smith. Many thanks to Dr. Todd and Dr. Smith for organizing and leading a powerful retreat. Also, special thanks to our participants who through their honesty and kindness helped make the retreat a success.

Women's History Month



March was Women's History Month. This year's theme, "Visionary Women: Champions of Peace & Nonviolence," was a tribute to women who have ended violence and injustices through peaceful means. AWIMS highlighted local champions and heroes in the movement at SIU (top row, left to right): Dr. Tracey Smith, Dr. Careyana Brenham, Dr. Janice Hill-Jordan; (bottom row, left to right): Ms. Kimberly Palermo, Ms. Laurie Ryznyk and Ms. Nancy Kyrouac. These leading ladies work tirelessly in our SIU community and beyond to combat human trafficking, child sexual abuse, and violence against women and children. Further, they are instrumental in helping survivors heal and reintegrate into society. Read more about these amazing women on the next two pages.

In tribute to the efforts of peace and non-violence, AWIMS showcased artwork by human trafficking and trauma survivors in the Medical Library during part of the month.

Women's History Month concluded with a special AWIMS Journal Club with review of a personal essay by human trafficking survivor [Nena Ruiz](#).

Visionary Women of SIU



Dr. Tracey Smith has worked tirelessly to help identify gaps in the care of residents in Springfield and create community based and community led programs to fill those gaps. Her heart lies with those who often don't have a voice. Over the past several years she has helped develop the growing Community Health Worker Program in Springfield and neighboring counties, collaboratively worked with the justice systems in Springfield and Sangamon County to increase the opportunities for those struggling with judicial problems, bring new services to expectant mothers, and develop programs to help women who have been traumatized begin to heal.

[Springfield Business Journal-Women of Influence](#)

[Enos Park Neighborhood Access to Care](#)

[SIU and Helping Hands Educating Students about Trauma](#)

[Community Health Workers Reaching the Vulnerable in Springfield](#)



Dr. Jan Hill's career has focused on professional development and programs for intimate partner violence (IPV), juvenile justice, court services, child abuse, and community violence. In her position in the Department of Psychiatry, she mentors residents on their research and QI projects, teaches research methods, and facilitates IRB applications. In addition, she has been the principal investigator for patient victimization research and a medical student victimization survey. In 2018, she received a Caryl Moy grant for collaborative research with Dr. Sheryl Reminger from UIS to create a database of all school shootings from 2005-2013. She works with the Y2 IPV Doctoring program and offers two Y4 electives around the intersection of health, the criminal justice system, and violence. She is the facilitator of a group looking at how to broaden trauma-informed care throughout the school. She is also the program evaluator for a federal Bureau of Justice Assistance grant to divert persons with serious mental illness away from the criminal justice system and into appropriate services. Dr. Hill holds a doctorate in criminology and criminal justice, and is a certified trauma-informed care trainer.

[Futures Without Violence](#)

[Evidence-Based Cues](#)

[National Health Resource Center on Domestic Violence](#)

[Training Tools](#)



Ms. Laurie Dunn Ryznyk is an associate professor at SIU School of Medicine where she serves as the associate director and founder of the SIU PA program. She has been teaching PA and medical students about human trafficking for several years. Ms. Ryznyk has also presented about human trafficking victims and the medical evaluation at state and national conferences. She is also a member of our newly founded Southern Illinois Trafficking Coalition called TORCH and has cared for patients who are victims and survivors of trafficking in her family medicine practice. Ms. Ryznyk has been personally active in human trafficking efforts for the last 12 years. Her aim is to focus on the health care system, health care issues and long term physical and mental health effects of human trafficking.

[Human Trafficking Conference](#)

[Sex Trafficking in Southern Illinois](#)

Visionary Women of SIU



Dr. Careyana Brenham is a board certified Family Medicine Physician with SIU Family and Community Medicine. Dr. Brenham served on the Children's Justice Task Force from 2006 – 2016. Dr. Brenham also has served on the Child Death Review Team since 2013 which reviews child death cases in central Illinois and provides recommendations to prevent future deaths related to possible child maltreatment. She currently is the Chair of the Central Illinois Springfield Team. Dr. Brenham works with the Sangamon County Child Advocacy Center and other surrounding County Advocacy Centers to provide medical forensic exams and medical treatment for children that have been sexually abused. Dr. Brenham also does case reviews for the Department of Children and Family Services and serves as an expert witness in court trials for child maltreatment cases. Dr. Brenham has served as a Board Member for the Illinois Child Advocacy Center since 2016.

[SIU Family Medicine to Launch Drug Treatment](#)

[A Seat at the Table](#)



Ms. Kimberly Palermo has spent the past seven years providing services to survivors of abused women and children throughout the southern Illinois region. While attending graduate school she was selected as a SIU Trauma Based Behavioral health Fellow and as the 2016/2017 Celia M. Howard Fellow at the Paul Simon Public Policy Institute. In this capacity, she conducted groundbreaking research to address the issue of human trafficking throughout the state of Illinois. Her goal is to assess the general public's viewpoint and raise awareness of this global issue that affects millions of children, women and men. In doing so, it enabled her to further educate individuals and shed light on the need to protect survivors from victimization and ease the reintegration of victims. She is currently a Health Policy Specialist in the Department of Population Science and Policy.

[Human Trafficking Lecture](#)

[Simon Institute Poll](#)



Ms. Nancy Kyrouac is the Director of SIU School of Medicine ThinkFirst - Injury Prevention Program. Nancy holds a Master of Public Health from A.T. Still University, a BS from SIU Carbondale in Administration of Justice and completed a fellowship with the MidAmerica Regional Public Health Leadership Institute. She previously served as the Medical Education Director and Teen Dating Violence Coordinator at Sojourn Shelter and Services in Springfield and as the Director of the Women's Emergency Shelter (now known as the Center for Women in Transition) in Champaign. Nancy represents SIU SOM on the Illinois Partnership for Safety, Illinois Department of Public Health's Violence and Injury prevention coalition. She is a nationally certified Child Passenger Safety Technician Instructor and ThinkFirst For Your Baby Instructor. Privately, she has worked as a Birth Doula for 17 years.

[About Think First](#)


[Challenges in Reducing Drunken Driving](#)

The Vagina Monologues



SIU School of Medicine staged its first ever production of 'The Vagina Monologues' on February 15. This groundbreaking and powerful play was a joint venture between AWIMS and the Department of Medical Humanities. Talented members of the SIU and Springfield community gave performances that were both mesmerizing and inspiring. The event was a major success thanks to Ms. Hope Cherry's masterful direction, countless hours of rehearsal, the commitment of the planning committee (Cherry, Dr. Lana Cong, Dr. Christine Todd and Dr. Vidhya Prakash) and admirable efforts from several devoted volunteers. Nearly \$3,000 was raised for the [Sojourn Shelter](#) and the [Phoenix Center](#).

"[V-Day](#) is a global activist movement to end violence against women and girls. V-Day is a catalyst that promotes creative events to increase awareness, raise money, and revitalize the spirit of existing anti-violence organizations. V-Day generates broader attention for the fight to stop violence against women and girls, including rape, battery, incest, female genital mutilation, and sex slavery. Through V-Day campaigns, local volunteers and college students produce annual benefit performances of *The Vagina Monologues* and *A Memory, A Monologue, A Rant and A Prayer* to raise awareness and funds for anti-violence groups within their own communities."





EYE EISLER'S AWARD-WINNING PLAY

The Department of Medical Humanities and the
Alliance for Women in Medicine and Science Present

THE VAGINA MONOLOGUES

SIU SCHOOL OF MEDICINE | S Auditorium, 801 N. Rutledge St., Springfield
FRIDAY, FEB. 15, 2019 @ 7 PM

((VDAY)) 



Brain Awareness Day



Articles

[Trauma Surgeon Shares Sexual Harassment Story](#)

[Women Helping Women is Good Business](#)

[NASEM Sexual Harassment of Women](#)

[Time's Up Healthcare](#)

[Is the Professor Bossy or Brilliant? Much Depends on Gender](#)

["Breaking Bread" to Combat Burnout](#)

[7 Harsh Truths That Will Improve Your Leadership Skills Overnight](#)

Thanks to Ms. Brenda Pryor, Dr. Susan Hingle, Dr. Janet Albers, Cynthia Bednarchik, APRN and Dr. Hilary Sanfey for the articles.

Dr. Luyi Zhou, as a part of the Office of Equity/Diversity/Inclusion's H.E.A.L Scholar program, led a group of AWIMS members through an outreach event at Franklin Middle School and Harvard Park Elementary School. "Brain Awareness Day" served as a highly interactive and educational session with activities including an informative presentation about brain structure and function as well as three interactive games: "Mindflex," a Play-doh brain model and brain hat competition. Our dedicated volunteers truly made this an unforgettable and highly educational day for some amazing children.

Quotable Quotes

"I don't follow trends or try to compete with anyone. Everything I do stems from following my passion and my love for design."

[Guo Pei](#)

"I wouldn't ask anyone to do anything I wouldn't do myself."

[Indra Nooyi](#)



HEAL Scholars

(From top) Dr. Nicole Abbot, Dr. Michelle Bryant and Dr. Nana Cudjoe were selected for the Health Equity Ambassador and Leadership (HEAL) Scholar program through the Office of Equity, Diversity and Inclusion. These dedicated physicians are conducting a series of informational sessions on key mental health topics for children in collaboration with Mr. Kevie Lusby through [“Mental Health with the Outlet,”](#) a not-for-profit organization serving fatherless boys. The first session served as an introduction on mental health and mental illness. Future topics include stress and anger management, dealing with trauma, depression, suicide and anxiety.

HEAL scholars receive financial support from the Office of Equity, Diversity and Inclusion for their proposed initiatives and receive guidance on developing strategies to address health disparities. Scholars are especially focused on community-based projects that address social determinants of health including financial barriers, the environment and education.

Research and Recognition

Recently Reviewed Journal Club Articles

[“We Black Women Have to Kill a Lion Everyday”: An intersectional analysis of racism and social determinants of health in Brazil](#)

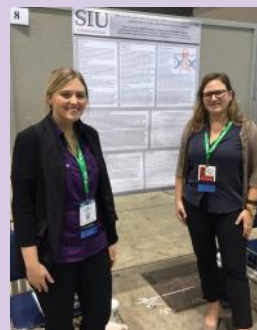
[I Am a Survivor of Human Trafficking: Nena’s Story](#)

Vidhya Prakash, Wendi El-Amin, Susan Hingle. “Moving from a Grassroots Women in Medicine Group to a Schoolwide Initiative” abstract selected for poster presentation at the GBA/GDI/GIP 2019 Joint Spring Meeting – Institutional Excellence Through Collaboration in Chicago, April 9-12.

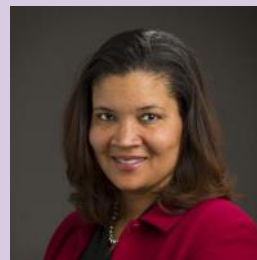
Vidhya Prakash, Wendi El-Amin, Hilary Sanfey, Alyssa Westring, Stacy Sattovia, Laura Worrall, Heeyoung Han, Susan Hingle. “Use of a Validated Assessment Tool to Propel Change at an Academic Institution” abstract selected for poster presentation at 2019 GFA and GWIMS Joint Professional Development Conference– Leading and Advocating Through the Winds of Change in Chicago, July 11 – 13.

RECOGNITION

Fourth-year medical students Emma James (at far right) and Emily Samson (right) are recipients of the U.S. Public Health Service 2019 Excellence in Public Health Award.



Dr. Wendi El-Amin was selected for the prestigious [ELAM](#) (Executive Leadership in Academic Medicine) program.

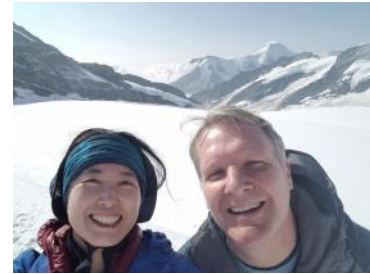


Dr. Vidhya Prakash was appointed to the Illinois Council for Women and Girls.



Women in Medicine Spotlight

Dr. Heeyoung Han



Role at SIU Medicine: I am an assistant professor in the Department of Medical Education.

Born and Raised: I was born and raised in Seoul, South Korea. I moved to Champaign-Urbana in 2003. My entire US life has been in Illinois and now I feel very comfortable with the cornfields.

Birthday: May I skip this question? 😊 I was born in winter a long time ago.

Family: I live with my lovely husband, David Boulay, and two adorable cats.

Favorite Books: I enjoy many books so hard to pick only a few. Here are some: *We Have No Idea: A Guide to the Unknown Universe*; *The Working Life: The Promise and Betrayal of Modern Work*; *The Great Divide: Unequal Societies and What We Can Do about Them*; *Please Look After Mom*; *The Post-modern Condition: A Report on Knowledge*; *Sky, Wind and Stars*; *Norwegian Wood*; *Demain les Chats* (Korean version)

Hobbies: Gardening, cooking, hiking, pilates, traveling

Proudest Moment: When I overcame my weakness and deficiencies.

Personal Hero: There are so many people who inspired me: my parents, my sisters, my husband, my two lifelong best friends, my middle school history teacher, my high school teacher in Korean Literature, my supervisor at the IT company that I worked for in Korea, and SIUSOM family that I am working with now.

Most Embarrassing Moment: When I hurt others' feelings due to my naive ignorance and inconsideration.

What is your advice for achieving work-life balance? It is hard. It is OK to get some help from others: Prioritize tasks and delegate some. BTW, I would like to call it life-work balance.

What is the best piece of advice a mentor gave you? She (Dr. Debra Klamen) said, "If all you do is come into the power that you already possess, it will be MORE than enough! You've got it in you." It was the best advice that I ever had. She helped me see my potential. I printed it out and placed it in my office.

What is your unique contribution to Women in Medicine and Science? I don't think I have contributed anything yet. I am co-chairing the Research group of AWIMS and trying to help the community understand and address the diversity and inclusion issue through collaborative research projects. I am currently working on a qualitative study on faculty perceptions on culture that is conducive to faculty career success in academic medicine.

Women in Medicine Spotlight

Dr. Jody Lack



Role at SIU Medicine: associate professor of clinical pediatrics, associate director, pediatric graduate medical education; chief, Division of Pediatric Hospital Medicine

Born and Raised: Charleston, Illinois

Birthday: May 5

Family: husband Daniel, sons Isaac, 9, and Levi, 6

Favorite Books: The Space Trilogy by C.S. Lewis

Hobbies: Cruising around town in a 1975 Ford Bronco, cast iron cooking/grilling, gardening

Proudest Moment: Adopting my children from China

Personal Hero: My parents, John and Joy Craft. They began an interracial marriage a few years after it became legal in the United States and are still together more than 45 years later. They gave me my faith in Christ and my sense of humor. They taught me to judge others not based on their looks, but based on their actions and to always march to the beat of my own drum.

Most Embarrassing Moment: Falling down a flight of stairs and landing upside down when I was a sophomore in high school. I tripped over my bell bottom jeans and flip-flops. Most of the school saw my fall, but I like to think I rocked the outfit.

What is your advice for achieving work-life balance? It is a constant check and balance that changes with the seasons of your life. Sometimes I give more to work and sometimes I give more to home.

What is the best piece of advice a mentor gave you? "Anything worth having is worth working hard for." - my dad's version of Teddy Roosevelt and Andrew Carnegie when I complained as a kid.

What is your unique contribution to Women in Medicine and Science? While I think AWIMS has given more to me by challenging my acceptance of the status quo for women at work...I share my honest experiences and opinions on the AWIMS Advisory Board. It has been exciting to see those ideas put into action to help others.

Women in Medicine Spotlight

Dr. Alan Deckard



Role at SIU Medicine: Division of General Internal Medicine, Hospitalist

Born and Raised: Havana, Illinois, Home of the Ducks!

Birthday: March 15, 1963

Family: wife Michelle, a nurse; son Tim, a sophomore at U of I Champaign-Urbana, and daughter Maggie, a freshman at SIU-E

Favorite Books: I'm drawn to nonfiction, especially WWII political and military history.

Hobbies: Anything outdoors. Fishing, hunting, hiking, biking, boating, etc. Northern Wisconsin is a favorite place for our family. And, Go Cubs!

Proudest Moment: Hard to pick out a single thing, but it's tough to beat watching our kids become adults, taking on life and school challenges successfully (most of the time).

Personal Hero: A high school coach and teacher, who humbly overcame tremendous personal difficulties and positively influenced a generation of my peer group. He taught first and foremost character and mental toughness, primarily by his actions.

Most Embarrassing Moment: Too numerous to count, but the process of being auctioned in a Bid for Bachelors fundraiser during residency "left a mark" ... as they say.

What is your advice for achieving work-life balance? I'm not sure if I've figured it out completely, but a very understanding spouse and family has been my blessing in this regard. They understand a career in medicine means sacrificing some personal time. We make the most of opportunities together.

What is the best piece of advice a mentor gave you? "Alan, you can't be a doctor without patience!" Sage words from my mother, my toughest life mentor, as I was hurrying along one of her stories. No, she wasn't trying to make a play on words; it was just a gift she had.

What is your unique contribution to Women in Medicine and Science? Nothing unique. I hope I'm simply supportive of the group and the individuals within it, whether they be faculty, staff, or learners. I respect the energy and positivity of the group. Keep up the great work.

Women in Medicine Spotlight

Emily Samson



Role at SIU Medicine: Fourth-year medical student, MD/MPH combined degree program – just matched into Family Medicine at University of North Carolina, Chapel Hill!

Born and Raised: Millstadt

Birthday: Sept. 27, 1987

Family: 2 older brothers

Favorite Books: *The Lorax* and *The Little Prince*

Hobbies: spending quality time with my husband and our four-legged babies, fostering animals, dancing, and trying my best to be craftsy - I recently started cross-stitching!

Proudest Moment: I think that would be my work with Hotspotting, specifically with one client that I was able to work with pretty extensively. She had been burned by the health care system multiple times in the past, so it was about re-engaging, feeling heard, and finding a PCP that she not only trusted but liked! It was a long process, but it paid off. I still keep in touch with her and she goes to her PCP regularly. She told me she got her first mammogram recently and that was a HUGE win for her – I was super proud of her.

Personal Hero: Dr. Leana Wen: she is an emergency physician who now dedicates her life to public health and health policy work. She has accomplished so much in her career already, most recently becoming the new president of Planned Parenthood! She is a strong patient advocate and continues to work for health as a human right.

Most Embarrassing Moment: Too many to count. Most recently during CPR training I was attempting to do the Heimlich maneuver on the mannequin and ended up head butting it instead.

What is your advice for achieving work-life balance? Find a supportive partner that is willing to make compromises and work with you – I am extremely fortunate because my husband is also in the medical field (veterinarian) and can relate to the rather high-stress, time intensive schedule. His support has made the past five years doable.

What is the best piece of advice a mentor gave you? The power of cold calls/emails – just reach out to someone you are interested in working with. It's a little intimidating at times but what's the worst that could happen? I actually reached out to certain programs during interview season and it really paid off!

What is your unique contribution to AWIMS? I've served as the service chair for two years, and we were able to collaborate with the Nurse Family Partnership to offer educational pizza nights to the soon-to-be-mothers. We've had three events and at the most recent one we had 30+ clients (with family) attend! Planning and organizing the events has been a wonderful experience.