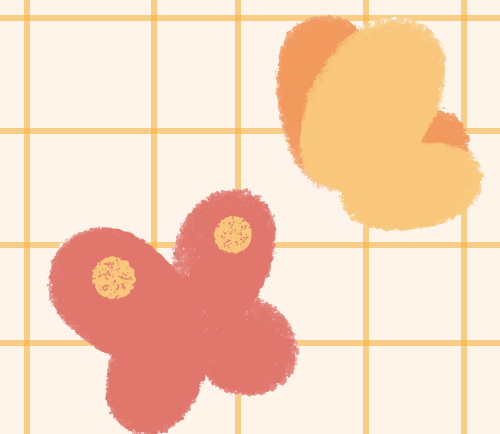
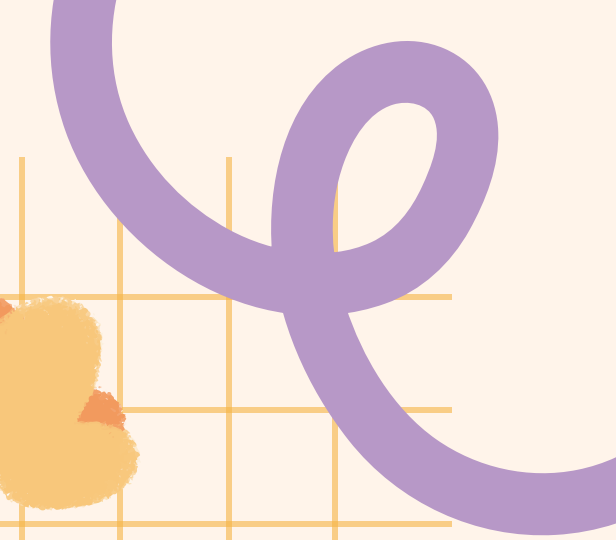
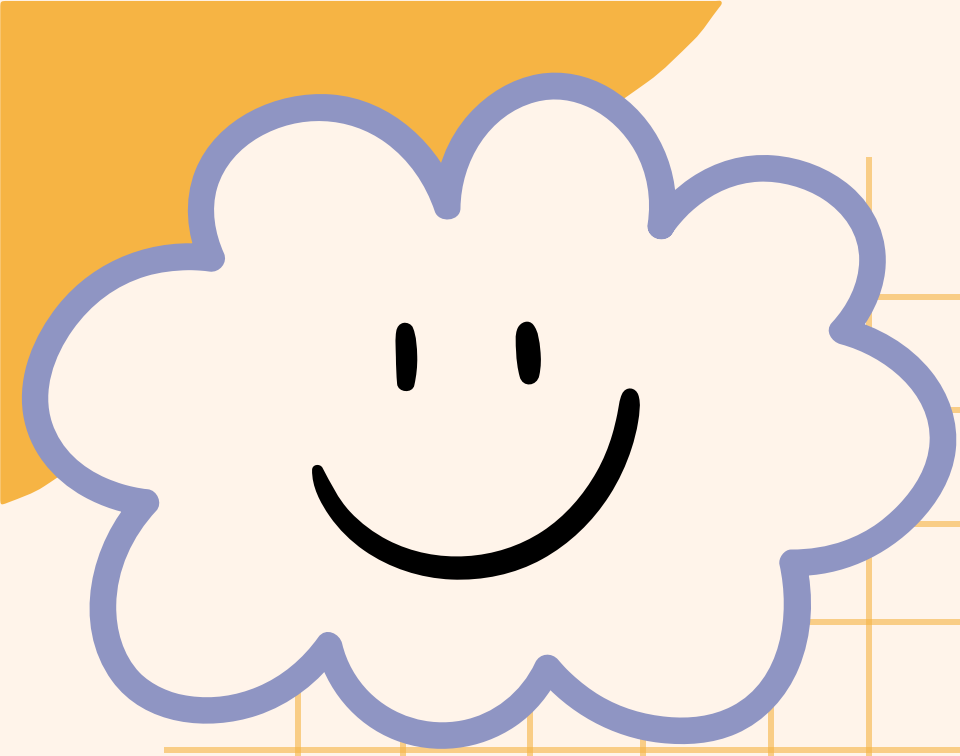
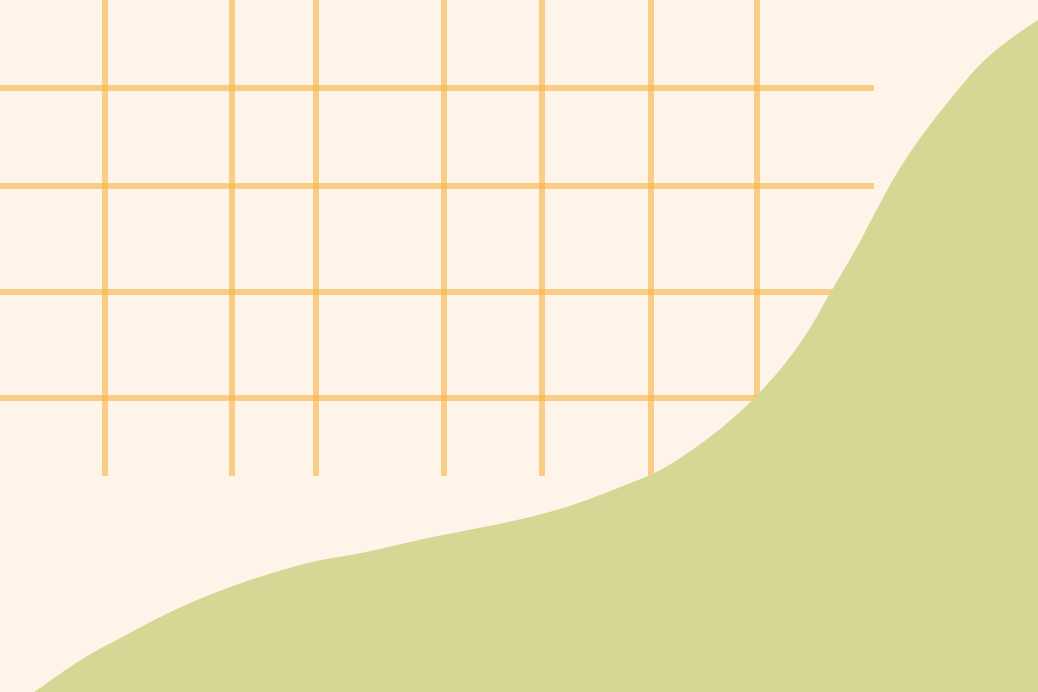




CNU.COM
Wellness

Committee Meeting

September 1, 2023



Faculty Members



Dr. Valerie Gerriets

Chair

*Assistant Professor of Pharmacology,
Biochemistry and Immunology*



Dr. Martin Rubin

Vice Chair

Associate Professor of Psychiatry



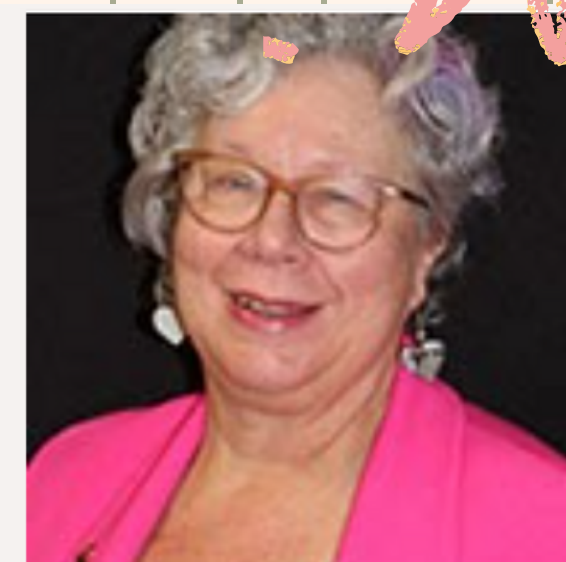
Dr. Sarah Preiss-Farzanegan

Medical Skills Co-Course Director



Dr. Charles Ware

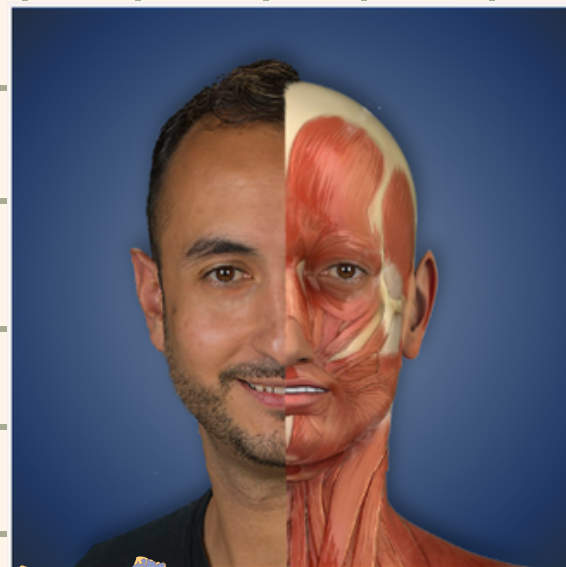
Director of Academic Services



Dr. Conrad-Forrest

Assistant Professor

Reproductive Systems Course Director



Dr. Joseph Bahlman

Associate Professor of Anatomy



**Lee Weathers-Miguel,
MS**

Student Life Advisor



Dr. Thamir Essayyad

Interim Chair of Clinical Science

Assistant Professor of Emergency Medicine



Wai Lin Tun

Student Board



Megan Hsu

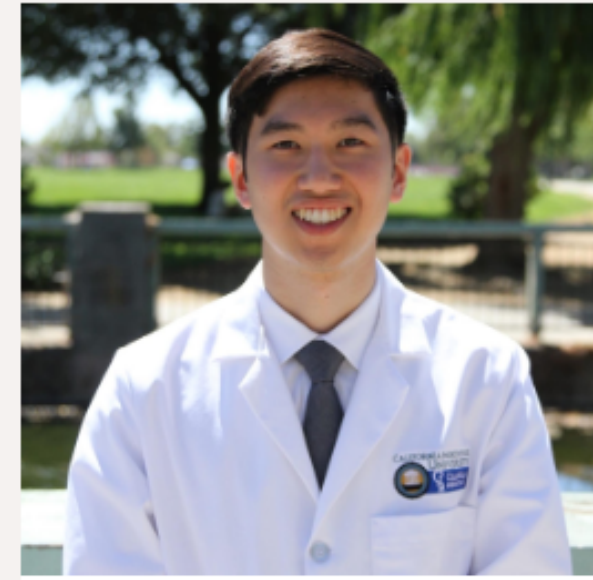
*Student Co-Chair + Joy of
Medicine Representative*

megan.hsu9992@cnsu.edu



**Carolina Rodriguez
Orozco**

*Student Co-Chair + Joy of
Medicine Representative*



Nathaniel Tsai

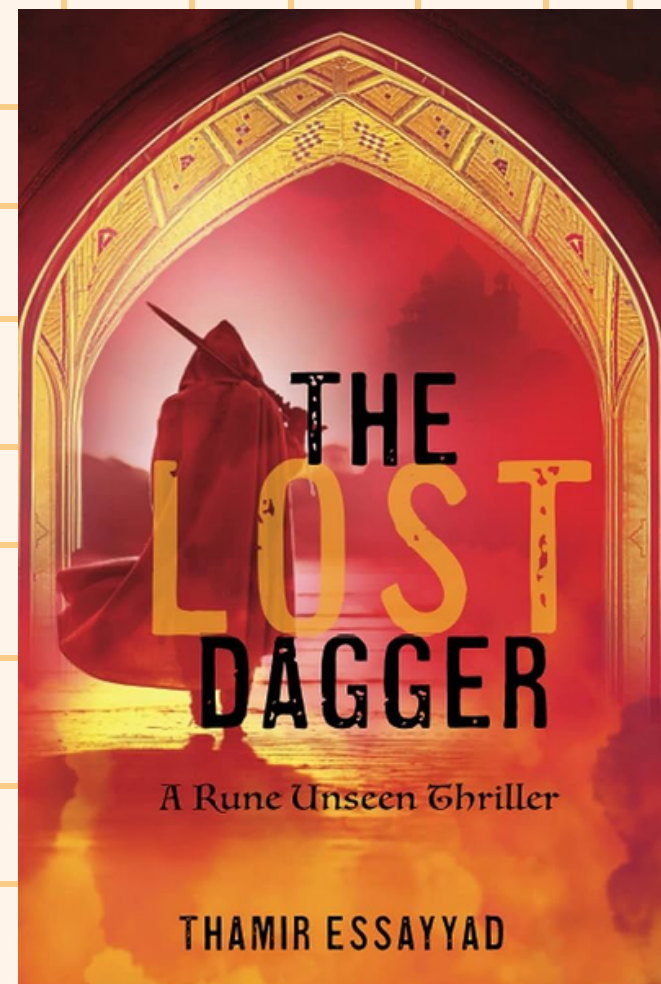
Student Co-Vice Chair
nathaniel.tsai9100@cnsu.edu



An Ta

Student Co-Vice Chair
an-phuc.ta9505@cnsu.edu

Dr. Thamer Essayyad



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Wellness

Wellness Committee Presents

A Conversation with Medical Skills Director, Assistant
Professor of Emergency Medicine, & Chair of Clinical Science
Dr. Essayyad

FRIDAY, SEPTEMBER 1, 2023
12:00-1:00 PM
ROOM 1A

Join us to hear from Dr. Essayyad!
Stay after to hear about upcoming events and
proposals. Pitch your own ideas and provide
feedback on what you would like to see from
Wellness Committee this year.
Food will be provided!





Wellness Co-Chairs Updates

Housekeeping!

Friendly reminders

- Take down flyers after events
- Check the inventory before submitting a PO
- Download the template or make a copy before using it
- Don't forget to add the Wellness Logo to your event flyers

Folders

Archive

Event Flyers, Sign-i...

Event Logistic Mate...

Finances and Budg...

M1 Rep/Board Appli...

Meeting Minutes

Past Events

Publicity Materials

Subcommittees

Suggestion Box

Transition Letters

Files

Inventory of Wellne...

Leadership 2023-24

Social Media Accou...

Subcommittee Duties...

Wellness Event Che...

Wellness Event Checklist

If at any point you need help completing any item on the checklist, reach out to your assigned [Point Person](#).

Make sure to CC your assigned Point Person in emails to facilitate communication and requests.

If you need to purchase items for your event, check the [inventory](#) first to make sure we don't already have the items in stock.



Before the Event

- ☐ Set the date – coordinate date and time based on M1 and M2 schedules. Check in with your Point Person to ensure no other Wellness Events are already scheduled for that date/week.
- ☐ Plan – have a plan or outline of your event.
- ☐ Room reservation – reserve a room on campus or create a zoom link. For the room reservation, set the reservation start time to 30 minutes before the event and end time 30 minutes after the event to allow enough time to set up and clean up.

Email front.desk@cnsu.edu with the following information:

- ☐ Event name
- ☐ Room request
- ☐ Date and time
- ☐ Activity description
- ☐ Wellness Committee
- ☐ Your name

- ☐ [Canvas calendar request](#) – get your event added to the Canvas calendar at least 1-2 weeks prior to your event.
- ☐ Flyer – create a flyer. A copy of the Wellness Committee Logo can be found [here](#). Upload a copy of your event flyer into the [2023-24 Event Flyers, Sign-in Sheets, & Pictures](#) folder.
- ☐ Post – create a post on Slack with your flyer at least 1 week prior to your event. You can also post your flyer on campus. Ask Ko Sue to print a few copies for you.
- ☐ [PO request](#) – submit the PO with a copy of your event flyer at least **2 weeks** before you plan to place the order. Upload a copy of the PO form into the [Submitted PO Requests](#) folder. Once approved, upload the approved PO into the [Approved POs](#) folder.
- ☐ Sign-in sheet – print a sign in sheet or create one in Google Sheets.
- ☐ Photography – assign someone to take pictures during the event.
- ☐ Food and supplies – place the order for food and supplies for your event **ONLY** after the PO is approved. Save all receipts and upload them to the [Receipts](#) folder. Assign someone to pick up food the day of the event. If you are requesting items from the available Wellness inventory, please message your Point Person at least 1 week before the event with your request.

Day of Event



Joy of Medicine Resources

Program of the Sierra Sacramento Valley Medical Society that focuses on a community approach to physician wellbeing

You can find this on our website under the "Resources" tab

Links are directly embedded, click on the underlined resource to be directed to an external site!

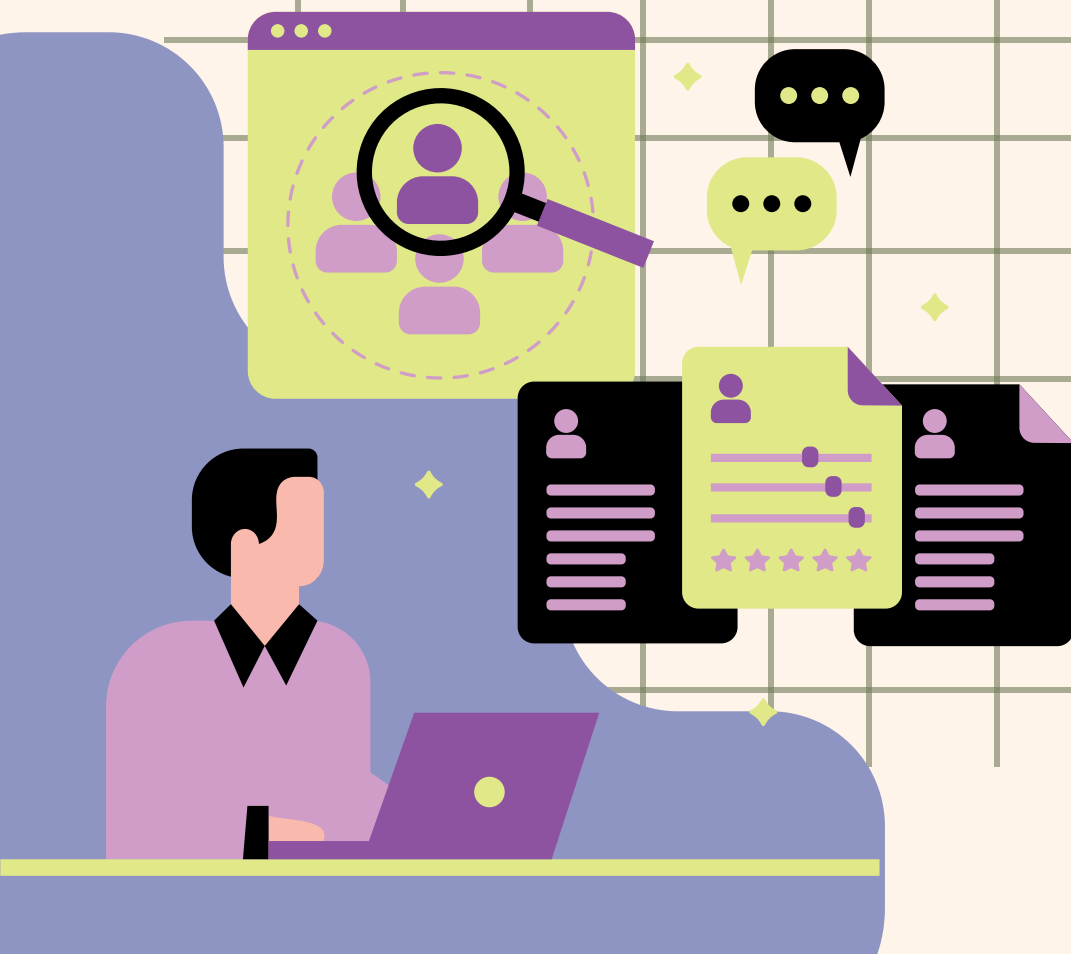
Sierra Sacramento Valley Medical Society (SSVMS) Joy of Medicine

Counseling Sessions for medical students

- Up to 6 free sessions with a vetted psychologist and/or life coach

Medical Student Wellness Library

Joy of Medicine Recommended Resources





Subcommittee Updates



M1/M2 Mixer



Undergrad Skills Workshop



intubation



suture



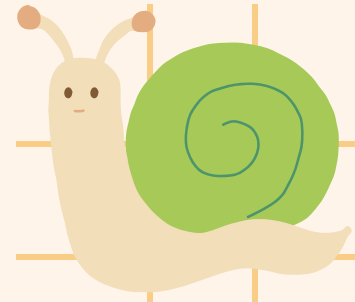
cardio exam



blood pressure



ultrasound

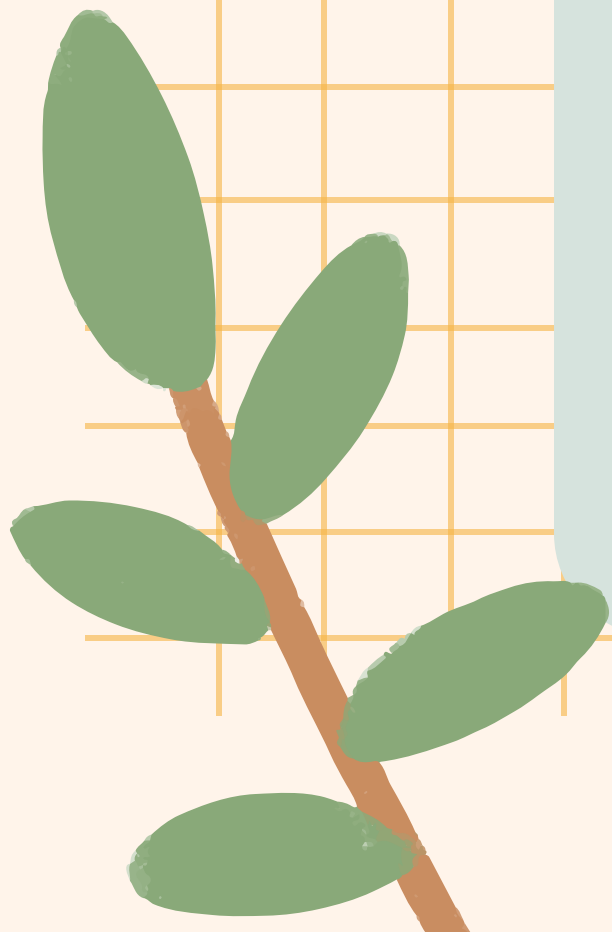
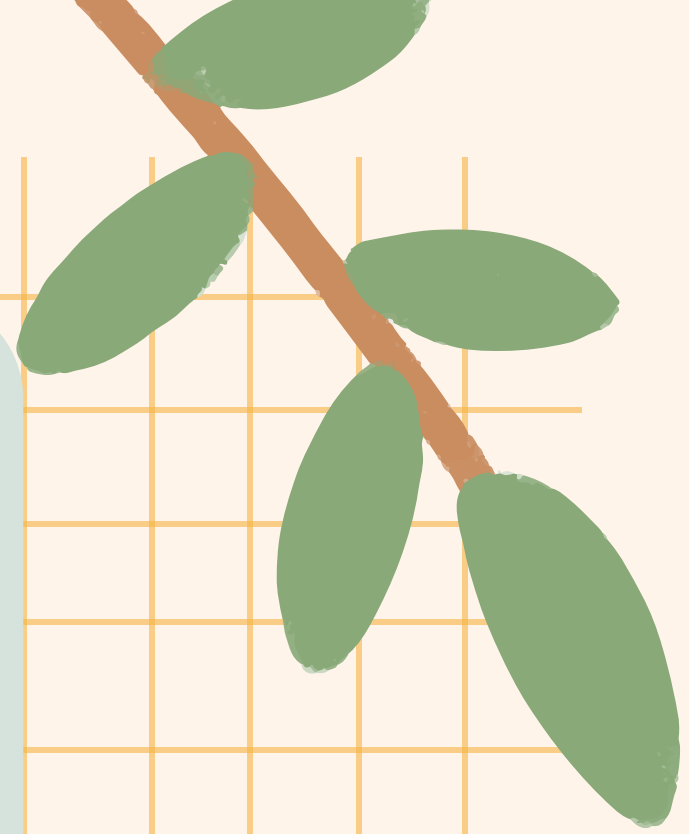


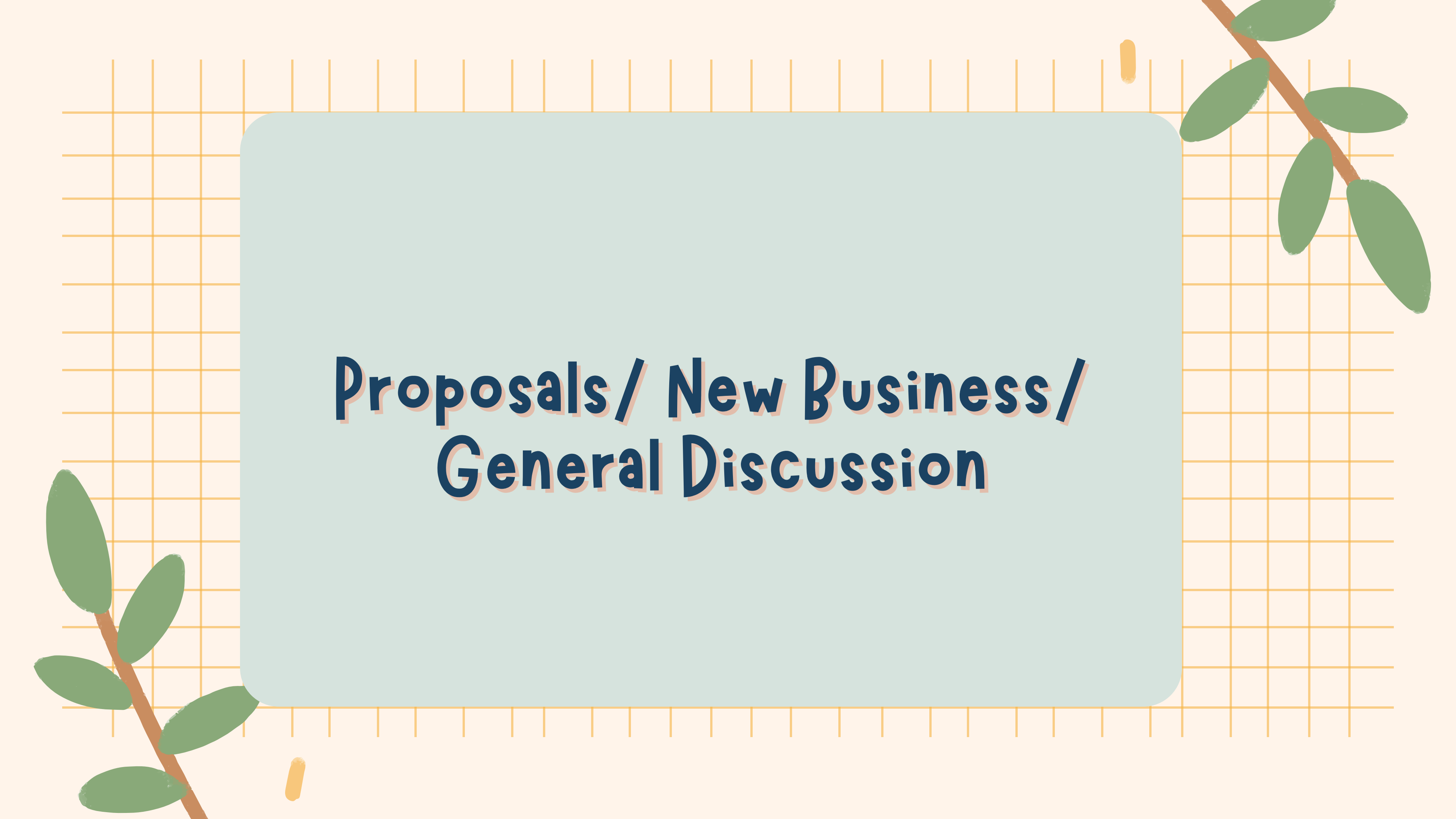
Are you interested in Gardening?

Do you think our planter boxes look sad? :(

Do you want to join Wellness?

- Be our Garden Planter Lead!





Proposals/ New Business/ General Discussion

Proposal 1: Tutoring Compensation

Currently

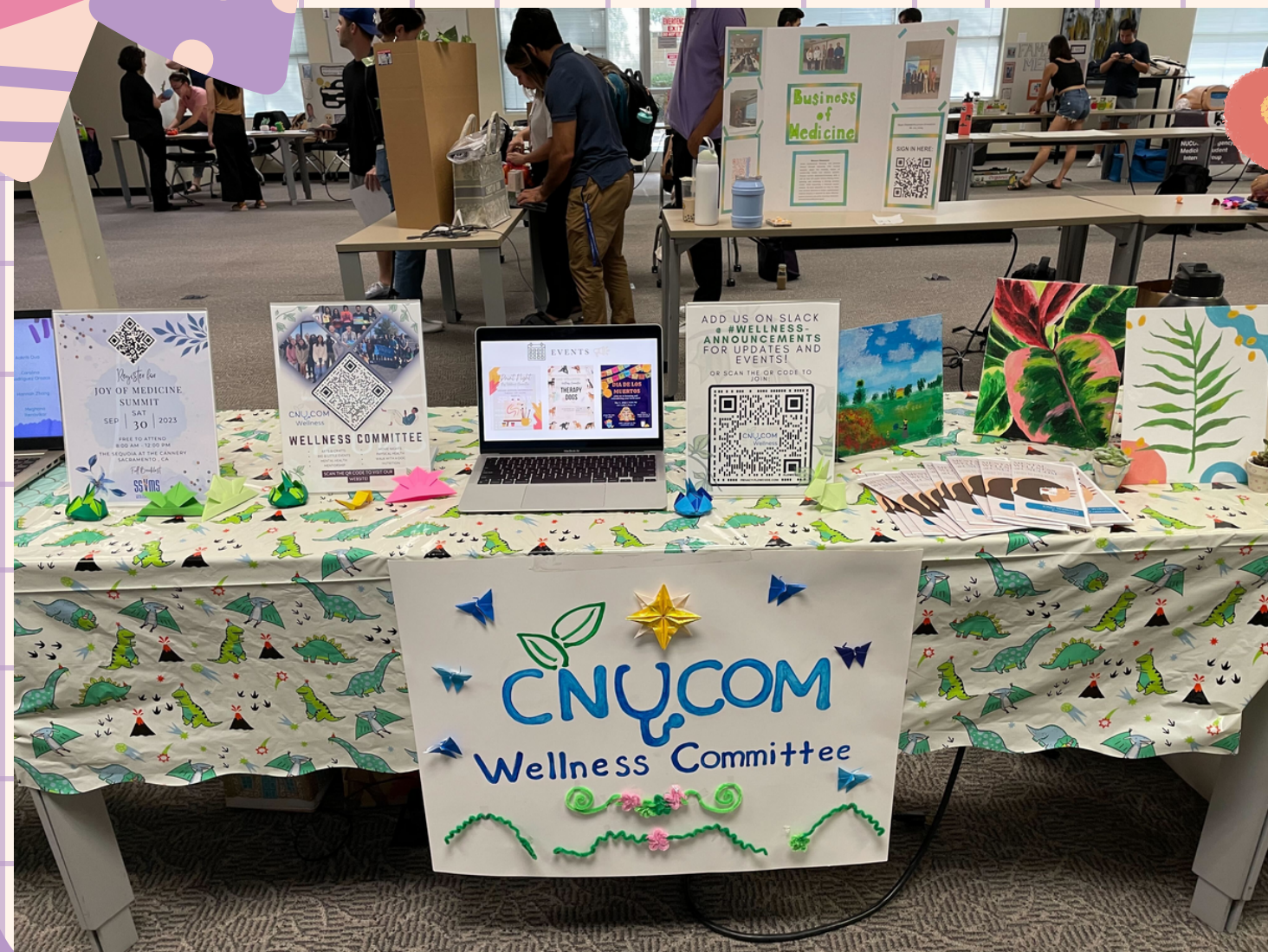
- Tutors get paid for a max of **4 hrs/week**
- There is **no pay** for prep time
- There are 19 peer tutors - **9 active in Foundations and 5 for Renal**
- Hours actually spent tutoring: **4-10 hrs/week**
- Hours spent preparing for every 1 hr of tutoring: **1-3 hrs**



Proposal

1. Compensation for Prep Time: **2** hours of prep time per 1 hour of tutoring
2. Increasing to **10 hrs/week** of tutoring and allow for **overtime for summative and final review sessions**

Club Day August 16, 2023



LGBTIQAA+ Social



ENJOY A JUDGEMENT-FREE SAFE SPACE AND
SLICE OF PIZZA AS YOU MEET AND MIX WITH
MEMBERS OF OUR CNU LGBTQIAA+ COMMUNITY.

COME JOIN US
FOR THE...

CNU COM
LGBTQIAA+ SOCIAL

TUES AUG 29TH

TIME: 5-7PM

LOCATION: THE GOLDEN BEAR
2326 K ST, MIDTOWN SAC

OPEN TO ALL CNUCOM
STUDENTS, STAFF, FACULTY,
AND +1'S! ALLIES ARE
WELCOME.



CNUSIGS WEBPAGE

SPONSORED BY CNUCOM DEI
DIVERSITY, EQUITY, & INCLUSION

College of Medicine
Diversity, Equity, & Inclusion

CNU.COM
Wellness



Upcoming Events



Paint Night
By Wellness Committee

ACRYLIC PAINTING TUESDAY 9/5
5-7PM ROOM 1A

See you there!

CNU.COM
Wellness



Register for
JOY OF MEDICINE
SUMMIT

SEP | SAT | 2023
30

FREE TO ATTEND
8:00 AM - 12:00 PM

THE SEQUOIA AT THE CANNERY
SACRAMENTO, CA

Full Breakfast

SSVMS
SIERRA SACRAMENTO VALLEY
MEDICAL SOCIETY

Keynote Speaker



John Chuck, MD

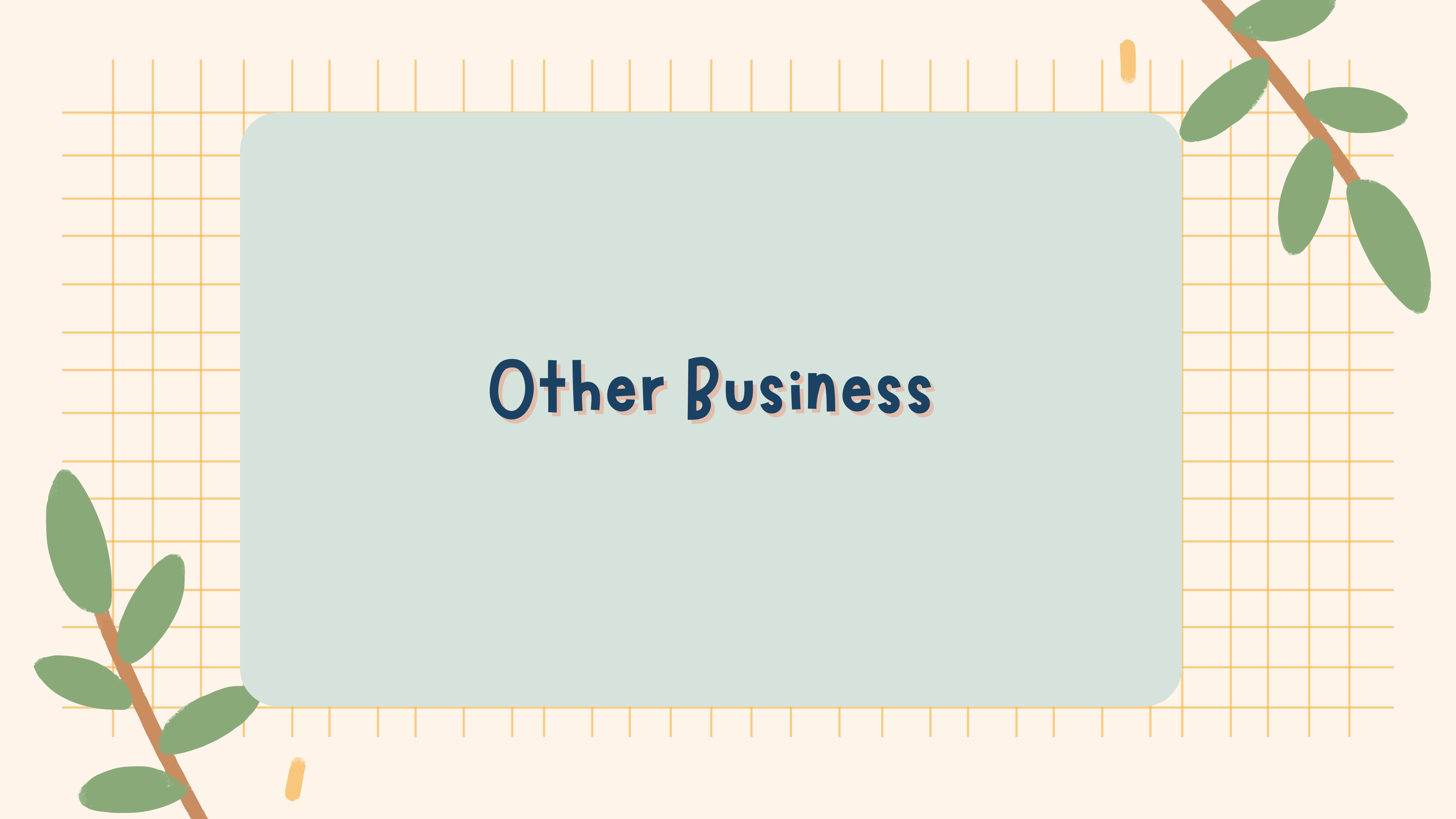
Self Advocacy to Create Joy and Meaning in Medicine

Featured Speakers

<https://joyofmedicine.org/annual-joy-of-medicine-summit/>

Brainstorm ideas:

- **Future agenda item –
proposal to update
excused absence policy**
- **[Your Idea Here]**



Other Business

Cafeteria Update

It's Happening!

Per President Cheung, the cafeteria should be up and fully running again by October :)



Shirt Design



Subcommittee Board



Nazanin Ahmadian

Arts & Crafts



Sherrice Law

CHS Mentorship



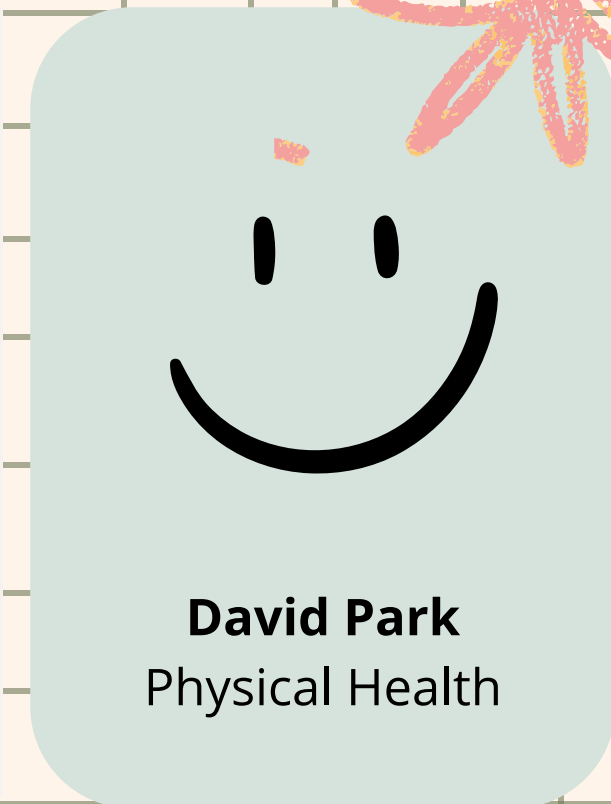
Zohaer Muttalib

Community College



Dawnica Nadora

High School Mentorship



David Park
Physical Health



Vince Thomas

Big/Little Outreach



Bhavna Trehan

Mental Health



Chrissy How-Volkman

Walk With A Doc



Karina Chan
Nutrition

Subcommittee Leads

**Stick around for the group
picture!!!**



Thank you for coming!



Want to get involved with a Subcommittee?
Contact Us!

Email: cnucomwellnesscommittee@gmail.com

Website:
<https://sites.google.com/view/wellnesscommittee/home>

Slack:
[#wellness-announcements](#)