



# Zebra Hoofbeats

We have now made it to May. We want you all to think about the resilience and strength that you have shown, especially in the last few months. Everyone is processing and struggling in different ways. Just because they are different doesn't mean that each one is not valid. We are all in the field of helping others and sometimes we take on the trauma and emotional stresses of others too. Do you know what that is called? Compassion fatigue. This is one of the most common problems seen in healthcare professionals. Although there are a lot of worries about the future, please remember that you are not alone. Recognizing and admitting your struggles are not weaknesses. You are all strong, compassionate zebras.



## National Mental Health Month

Since 1949, May has been considered the Mental Health Month. The purpose of having a month dedicated to mental health is to increase awareness and to decrease stigma.

The significance of this month is further highlighted this May as we currently face a global pandemic. This month reminds us of the importance of providing support to everyone around you and of becoming familiar with the available resources.

CWRU students, faculty, and staff have 24/7 access to counselors on-call by calling (216) 368-5872. You can use this hotline for yourself or if you would like some help in providing support to a friend. If you prefer to talk to someone via text, you can text HOME to 741741 for a crisis counselor.

As we continue to social distance, the American Psychiatric Association recommends that we try to keep a regular schedule, stay connected with our family and friends (via Zoom or Facetime), stay active, and limit media consumption in order to take care of our mental health.

As we are facing a global pandemic, let us remember to give ourselves and our peers compassion

and support. From the team at *Zebra Hoofbeats*, we hope you are all staying safe and healthy.

## Cinco de Mayo - May 5

Cinco de Mayo may be a minor holiday in Mexico, but it is widely celebrated in the United States as a day to commemorate Mexican culture. On May 5th, 1862, Mexican soldiers were the unlikely victors of a single battle in the French-Mexican War (1861-1867) in the town of Puebla de Los Angeles.

French soldiers surrendered after a day of fighting and substantial losses. This victory bolstered the Mexican Resistance movement.



Today, Cinco de Mayo is celebrated in the state of Puebla with battle reenactments and parades. In the United States, Cinco de Mayo has been adopted as a day to celebrate Mexican culture and heritage, especially in regions with many Mexican-Americans.

This year, take some time to reflect on the ways in which Mexican culture has become part of our daily lives in the US. Set up a Zoom call and celebrate with food, drinks, and music.



## National Nurses Week May 6-12

The year 2020 has been named “Year of the Nurse and Midwife” by the WHO, in honor of the 200th birthday of Florence Nightingale. Every year, we dedicate one week in May to celebrate the amazing work nurses do every day.

During this pandemic, nurses have been on the frontlines taking care of critically ill patients and supporting patients and their families. They continuously show compassion to both their patients and their healthcare colleagues. We are all grateful for the work they do.

This year’s National Nurses Week theme is “Compassion|Expertise|Trust.” What better words to describe the amazing work that nurses do?

The celebration of National Nurses Week only dates back to 1993. However, Frances P. Bolton, a member of the US House of Representatives from Ohio--after whom our nursing school is named--was one of the first supporters of National Nurses Week.

She actually sponsored a bill to support nursing education and the celebration of this special week back in 1947. We would thus like to take this opportunity to express our immense gratitude for our nursing colleagues!



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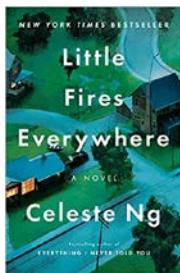


## Mother's Day – May 10

The modern Mother's Day was founded by Anna Jarvis, who reasoned we should celebrate this day for "the person who has done more for you than anyone in the world."

While she was successful in creating Mother's Day as a national holiday, Anna eventually ended up boycotting the holiday because it became highly commercialized and more for-profit than for-sentiment. It was not her original intention to create a day for companies like Hallmark to sell greeting cards.

Nevertheless, this is a day that honors motherhood. There are many faces of "mother"--beyond just sharing blood and passing down genetics. It's a day to show gratitude towards your biological/adoptive mother, grandmother, mentors, female figures, and more.



## From Connie's Library: "Little Fires Everywhere"

This month's recommended book should not come as a surprise. "Little Fires Everywhere" by Celeste Ng has become famous due to the book-adapted Hulu series, starring Reese Witherspoon and Kerry Washington. Last year, I started to read more books written by Asian American authors. I was particularly excited to read "Little

Fires Everywhere" because I had just moved to Cleveland, OH. The setting of the book is Shaker Heights so it was fun being able to connect to the descriptions of the town.

While I enjoyed both the book and series, I would like to point out that the series was able to explore more character nuances. For instance, the Hulu series portrayed Mia and Pearl Warren to be African American.

The author considered adding this element in her novel but decided against it because she was unsure if she could effectively convey the struggles of being African American. Thus, Celeste left those characters to be of ambiguous race in the book, but always pictured them to be minorities.

One of my favorite quotes from the Hulu series was when Mia shouted "You didn't MAKE good choices; you HAD good choices" to Elena. It was such a clear statement about how those who are more privileged often assume that those who are less fortunate are in their positions due to poor decision making. In reality, not everyone is given the same opportunities and options as everyone else.



## Medical Student Graduation - May 17

Congratulations to all graduating Medical Students in the University, College, and Medical Scientist Training Programs! We are so

incredibly proud of all of you for your accomplishments. Many of you are graduating with two doctorates and we could not be more inspired by your commitment to medicine, scholarship, and your patients.

We know you are not getting the graduation ceremony you worked so hard for, but know that your peers will be rooting for you during the virtual graduation ceremony.

As you embark on the next phase of your medical careers, we wish you the best of luck and hope that we will be able to work with you and learn from you again in the future. Thank you for being our PD and Communications Workshop Preceptors, IQ Facilitators, Tuesday Seminar Leaders, mentors, colleagues, and friends. We will miss you!



## Eid al Fitr - May 23

Eid or Eid al Fitr marks the end of Ramadan for those who practice Mulism religion. Ramadan, which started on April 23rd, is a month for self-reflection, community, and worship. During Ramadan, all adult Muslims must fast between sunrise and sunset. There are exceptions for those who are chronically ill, elderly, pregnant/breastfeeding, diabetic, or menstruating.

In addition to abstaining from eating during certain times of the day, Muslims must avoid sinful behavior, such as smoking or sexual relations, and must focus on doing charitable deeds. This holiday's purpose is to keep you



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grounded to the teachings of Islam and remind you about humanity. By participating in this holiday, it is said that the spiritual rewards are amplified.

On May 23rd, Eid kicks off with Shawwal, a celebration consisting of a feast with many delicious foods while being surrounded by family and friends. There are lots of great dishes that are served during this holiday. Here are some recipes for [halwa puri](#) and [chicken biryani](#) for y'all to try out!

Please wish your Muslim friends "Eid Mubarak"\* on this day!

\*"Eid" = celebration  
"Mubarak" = blessed



## Memorial Day - May 25

Memorial Day honors the individuals who have passed away while serving in the U.S. military. It has been an official federal holiday since 1971, but originated after the Civil War in the late 1860s.

It was originally called Decoration Day, and it was customary to decorate graves and memorials for fallen soldiers with flowers, flags, and banners. Memorial Day is often celebrated with outdoor events to mark the beginning of summer.

In Dec. 2000, Congress passed the National Moment of Remembrance Act to encourage people across the U.S. to honor fallen soldiers by pausing and having a moment of silence at 3PM local time on Memorial Day.



## World No Tobacco Day - May 31

Smoking is the leading cause of preventative death. Tobacco causes about 8 million deaths per year (7 million of which are from direct smoking while 1.2 million are from secondhand smoking).

Being in healthcare, we all know the consequences of smoking and the importance of smoking cessation education. World No Tobacco Day is just a gentle reminder for us to try and take every opportunity we can to talk to patients about quitting. Remember, "quitting smoking is the best thing you can do for your health."



## Congratulations to PA Students for AAPA's "Student Society of the Year"!

"This award recognizes one student society for outstanding service to the profession in the areas of public education and advocacy; public service and outreach; promotion of diversity; and professional involvement."

The PA Class of 2020 and 2021 have worked tirelessly during the past year to set an example of a great PA program through advocacy, community service, promotion of diversity, and interprofessional involvement. As a relatively new program, it is also

their second time winning this title! Isn't that amazing? None of this could have happened without the passion, hard effort, and creativity of the PA program---this includes the faculty, students, and friends at the HEC and in the community.

A special thank you to Katherine Feng, who is the face of CWRU for the Assembly of Representatives, the legislative body of the AAPA Student Academy. She has worked extremely hard to send in the application for "Student Society of the Year," and is one of the reasons why the PA program won this year.

## Welcome PA Class of 2022!

The *Zebra Hoofbeats* team would like to welcome the PA Class of 2022 to the family! Despite starting graduate school during a pandemic and on remote learning, we want to wish you luck on your new journey and look forward to working with you all---whether at our newsletter, at our school, or in the community.

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