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National CMDA Membership

Are you interested in being a part of the largest national movement of Christian medical professionals?

If so, then you should consider joining the National CMDA! (Membership is free for students.)

As a member, you have access to an abundance of resources and training opportunities geared towards Christian medical professionals and students.

For more information, visit www.CMDA.org and go to the "Membership" tab on the left side of the web page.

Congratulations Graduates!

Case Medical
Jacob McGrath
Melvin Omodon
Andrew Tran

Case Dental
Joyce Bahng

CCF
Nicholas Krebs

NEOUCOM
Alejandro Adorno
Maya Alhajj
Ryan Hartman
Danielle King
Laura Schnegg
Dan Silvestri
Mike Subichin
John Woltman

RESIDENTS
Sophia Chen, MD
Kevin El-Hayek, MD
Ruth Frain, MD



Survival Tips for Christians in Healthcare Training and Employment

It's time for a new academic year, with all of its challenges and changes.

Some people are just beginning their training, others are transitioning into the next academic year, and yet others have finished their training and are launching into their new careers. Regardless of where you are at, it can be challenging. How can you make it through the season you are in?

Several Northeast Ohio CMDA members have been asked to share what has helped them to survive, and thrive, as a Christian in their healthcare training or their healthcare employment. Here are some of their responses to the question: "How did you make it through your healthcare training or employment?"

"Knowing there were fellow students and physicians in Christ. It was encouraging to hear their stories and know how God works in their lives."

"Stay connected with a church and a small group."

"Prayer. Lots of prayer!"

One person remarked seeing a great quotation that encouraged her, and shared it: *"Joy is not the absence of challenge but the presence of the Lord" (author unknown).*

Encouragement from other believers was also mentioned as being important to survival. In the book of 1st Thessalonians, it is written: "Therefore **encourage** one another and build each other up, just as in fact you are doing" (1 Thess. 5:10, NIV).

One source of encouragement available is the First Fridays for Women in Medicine and Dentistry (FFWIMD) group. This group, led by Northeast Ohio CMDA member Leslie

Walker, is open to all women who are studying in or working in healthcare. The group meets on the 1st Friday of every month, from 7pm to 9pm at Leslie's home. The group's purpose is to encourage and support the women, building up their faith. A Friday meeting includes fellowship, potluck meals or snacks, prayer, and a discussion of how faith is put into practice in the lives of these women. When asked what they liked about the FFWIMD group, some of the women responded as follows:

"The sense of understanding, love, and encouragement from women who understand the challenges I face."

"It's always there for me. I know that I can come in on any Friday, drop in at any time, and feel welcome."

"Prayer."

"I like hearing from women who have been working as Christians in healthcare for a lot longer than I have, and seeing how they respond to some of the hard challenges that we all face. I learn a lot from that. It's learning by hearing from some great role models."

"It's the intimate fellowship. And the prayer. To be there to encourage one another. And it's an opportunity for mentoring."

Another source of support and encouragement mentioned was the CMDA student groups at the local medical school campuses (Case, CCLCM, and NEOUCOM). Each year, new student leaders are elected. Activities in the Cleveland area groups include "church tours" —ie.— returning students will offer to take a group of new students to a different church every week for a few weeks,

to facilitate the newcomers in finding a church home in their new city. Other activities include Bible studies, prayer buddies (prayer partner) program, campus outreach, and social activities. Activities in the NEOUCOM group have included Bible studies, fellowship, and outreach. All student groups participated in a group retreat in February of this year.

Mentoring was also mentioned as being helpful for those in healthcare training or employment. Dr. Kermit Fox and Dr. John Chae, both physicians in Physical Medicine and Rehabilitation at MetroHealth Medical Center, have been involved in mentoring others. Dr. Barb Okamoto, general surgeon at Kaiser Permanente, has also been involved with mentoring. Mentoring is a good illustration of many Scriptures, especially "iron sharpens iron" (Prov. 27:17, NIV) and the power of 2 people being stronger than one person alone (Eccl. 4:12, NIV).

Working in healthcare is definitely a challenge. But with God's help, and the support of the body of Christ, we can not only survive, but thrive.

To become involved with any of the student groups, the women's group, or the mentoring program, please contact mail@neocmda.com for a list of leaders and contact information.

Financial Support

If you would like to support us financially (for student ministries, missions grants, annual banquet, or the general fund), please go to the "Support" tab on our website.

Prayer Support

Our prayer committee, led by Laura Bobrowski, RN, would love to pray for any requests you might have. You can submit requests on our website under the "Support" tab.

Mentorship Ministry

This ministry is to function as a resource and liaison for both personal and spiritual mentorship for students and residents entering the healthcare profession. If you are interested in being a mentor or being paired with a mentor, please contact Dr. John Chae.

John Chae - jchae@metrohealth.org

Missions Updates

Want to know about trips CMDA members have recently taken? View our recent missions updates Under the events tab at: www.neocmda.com



Considering a medical missions trip? Be sure to view the various medical missions opportunities available under the events tab of our website.

The Faithfulness of God within Times of Traumatic Injury

By Heather Scaffone, CCLCM Student



I have also learned how much I have to trust God – with absolutely everything! God is in control. He will not let me fall. I truly believe that.

Imagine this: you go to bed tonight, and wake up 5 weeks later in a strange place, and you aren't able to move the left side of your body. All of the carefully engineered plans and appointments you had scheduled are scrapped for the next year, which is the estimated time it will take for rehabilitation, and plans beyond next year are pushed back.

That's basically what happened to me. I had a traumatic brain injury (TBI) from, as I am told (I do not remember!) falling off my bike going 30-40 mph down a hill. No one saw me fall, and the "expert" analysis of my bike after the accident was inconclusive.

As a medical student between my third and fourth clinical years (I took a year off to do research), I feel as if someone flipped my life upside down, but I did not leave the process unscathed. Rather, I found myself dependent on my mother who temporarily had ended her school-teaching job abruptly to look after me. Plus, I had moved from Maryland where I was doing research to a hospital in Virginia, the state in which the accident occurred, to New Jersey for rehabilitation, half-way between VA and RI where my parents live, all while being a student (on medical

leave of absence) in Ohio. Now you can see why my mom started answering the "Where are you from?" orientation question for me!

This is the absolutely most difficult challenge I, a perfectionist medical student, have ever faced. I quickly have had to become very flexible. Next time you get angry or frustrated with something minor, think of my story – maybe you can just let "it" go. I have gotten frustrated when trying to tie my shoes, put clips in my hair, and make left-hand turns while re-learning to drive a car. I had to laugh at my mother when she was trying to get me to make simple decisions, which TBI patients often struggle to do – what I am going to eat for lunch (a hamburger or a turkey sandwich?) does not really matter.

It was strange but refreshing to return to Church after more than two months of hospitalization. A return to normalcy. Faith has been the one common thread so many of those around me have clung to because there was nothing else to turn to. My family has so many stories of people who had returned (or turned) to Church or to prayer after hearing of my circumstances.

I have no idea why this had to happen to me. But maybe that is a question I will never have an answer to before Heaven. What I do know is that I am still amazed by the number of people who were and still are praying, and by the assistance I have received from my family and friends. I have also learned how much I have to trust God – with absolutely everything! From the therapist to whom I have been assigned, to relations with my family and friends, to all of the loose ends which were left hanging, life goes on. God is in control. He will not let me fall. I truly believe that.

My accident was on March 21, 2011 and based on the level of trauma I experienced, I should not be able to write this article today. God truly is capable of miracles.



Above: Heather at Kessler Center for Rehabilitation

The Faithfulness of God within My Medical Practice by Leslie Walker, MD



One of the most challenging parts of psychiatry is being comfortable with uncertainty. I have no blood pressure cuff or x-ray or blood test to help

diagnose the illnesses I treat. I have to take time, ask good questions, observe and listen well, and rely on my patients and sometimes other people to give me the information I need to determine what's wrong. Then I have to use my knowledge and experience to determine what's most likely to help. But I must be able to tolerate uncertainty as I make treatment plans and have risk/benefit discussions, because in my field, sometimes we have to watch a developing illness to correctly diagnose it. Sometimes we learn later that treatments we thought were safe have unexpected risks.

That used to be very frustrating for me. But I've gradually learned that practicing

psychiatry is a lot like Christianity. I do my best, but I'm not called to know everything, or anticipate everything that can happen. As 2 Corinthians 5:7 says, we are to "walk by faith, and not by sight." And when I'm unsure, whether in practice or in the rest of my life, I can rest secure in the knowledge of two core principles: God is sovereign, and God is loving. As much as I try to do the right thing for my patients, and for my family, and for other people that I care for, God loves them even more. And in the midst of uncertainty, or illness, or fear, God is sovereign, and I can trust Him to be faithful and to keep His promises.

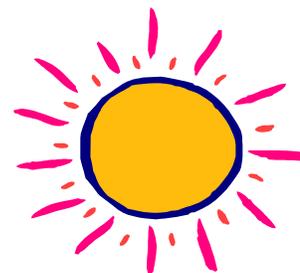
Local Chapter Updates: NEO CMDA

Over the past 2 and one-half years, Dr. Doug Wenger has served as the Chairperson of the NEO CMDA Advisory Committee. Doug's term of service as Chairperson is now complete. He will remain on the advisory committee as a regular member. Thank you, Doug, for your excellent leadership, godly wisdom, and servant's heart.

The committee's newly elected chairperson is Laura Bobrowski. Laura has been a committed committee member for several years, initially being involved in the early morning student prayer meetings at Case's Medical School. She works at Eudid Hospital in the Acute Rehabilitation Unit. We welcome her Laura in her new role.

Dr. Phil Cusamano has served as a committee member for several years. Phil will be relocating to another state later this summer, and has therefore resigned from his on the committee. Phil will be greatly missed, and we pray God's blessings on him in his new endeavors.

The NEO CMDA Advisory Committee is made up of practicing medical professionals and healthcare students, and meets once every three months.



Join us in providing a day of help and support for thousands of needy individuals in Lake County.

We are in need of volunteer healthcare agencies and health professionals to assist us in providing essential health screenings and prevention services to those most at risk. We would like to provide vision, hearing, blood sugar, cholesterol, blood pressure, children's school physicals, and other health services.

At this year's celebration, every one of the estimated 8,000 guests who enter the fairgrounds will receive a free meal, 2 bags of groceries, and a place for their children to safely play for several hours. Many will receive a pair of shoes, medical screenings and care, job and family services counseling, back to school supplies, and a sense of value and self-worth. If there are any services or resources you or your agency could provide, I urge you to take the time to respond and participate in our event.

When: Sunday, July 31, 2011, 9am-3pm

Where: Lake County Fairgrounds, Painsville, Ohio

Please contact Anita at aschlak1@hotmail.com if you are interested in helping out. Please include your name, email address and medical field specialty in your email.



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For general inquiries or to update contact information, please contact:

Administrative Assistant
at mail@neocmda.com

Make sure to keep up-to-date on our NEOCMDA website!

www.neocmda.com

- EVENTS
- CALENDER UPDATES
- MISSIONS TRIPS
- CONTACT INFORMATION

Northeast Ohio Christian Medical & Dental Associations

Invites all healthcare workers, residents, and students to attend our

Annual Summer Picnic

Saturday ♦ August 20, 2011 ♦ 3:00pm

RAIN OR SHINE, INDOOR POOL

Hosted by Dr. and Mrs. Michael and Debbie Joyce
3 Hunting Hollow
Pepper Pike OH 44124

3:00: Swimming and Fellowship **5:00** Dinner provided, please bring a dessert to share

- ⚙ Come and meet fellow students, residents and faculty from area hospitals and medical/dental schools
- ⚙ Picnic will be rain or shine. Pool is indoor, so bring your suits and towels.
- ⚙ Families, children, and significant others welcome.

RSVP to Debbie Joyce 216-464-3284 or nursedlj1950@aol.com