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THE PLEXUS POST

A NEWSLETTER FROM THE
MODERN HUMAN ANATOMY - ALUMNI ASSOCIATION (MHA AA)

HELLO, FROM THE MHA AA

**NEW YEAR, NEW CHALLENGES,
NEW WAYS TO FIND JOY**

We are happy to kick-off the new academic year with a new issue of our alumni-coordinated newsletter.

Much like the ending of the previous last year, this new year comes with new challenges. But, as our alumni continue to adapt to the new world we live in, they have shared with us so much joy, which you will find in this issue.

We received lots of good news from our alumni over the past few months, both personal and professional. From new jobs, promotions, engagements, homes, and babies, we hope this news from your fellow former MHAs brings you as much as joy as it brought us.

You'll also find in this issue a profile from a new alumna, who joined us along with the rest of the Class of 2020, as well as a brief program update. And, as always, we have our Anato-Memes, and a piece from our Networking Coordinator on how to maintain pandemic productivity.

We are also hoping to bring even more joy this autumn. We will be hosting another MHA AA Game Night, with a new fun game, facilitated by our Social Events Coordinators. Mark your calendars for this 'Fall-Themed' game night, we hope lot of you will join us! Keep an eye out for the Zoom invite in the coming weeks.



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**Virtual Game Night
"Fall in our Hearts & Minds"
November 6th, 6pm CO Time**

Good
news!

"GOOD NEWS!" SECTION

SOME RECENT GOOD NEWS FROM OUR
ALUMNI - CONGRATS TO EVERYONE!

Charlotte (Class of 2020) "I recently accepted a full time Instructor position at Tulane University! I am eternally grateful for the incredible training I received through MHA." Read more on the next page!



Moli Keeler (Class of 2017) "Adam and I bought a house in Denver and adopted a new kitty!! Can't wait to visit the suite more as soon as I finish PA school and move back in 😊 (see house featured on The Indian Matchmaker Episode 7 😊, that's who we bought the house from!) and show off pictures of the kittens!"

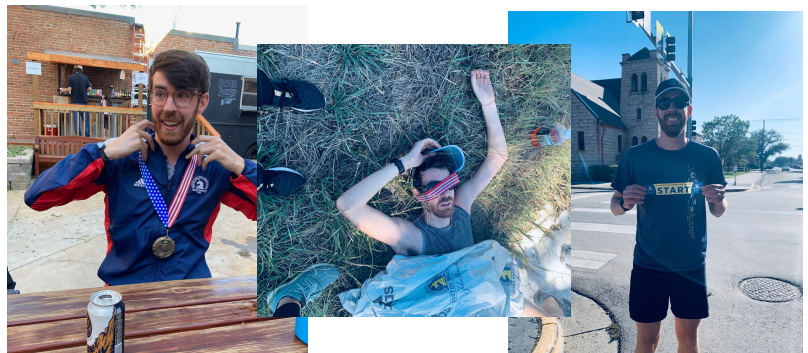


Rachel Klaus (Class of 2017) Promoted to Director of Academic Services at Experience Anatomy

Lindsay Gaona Dougan (Class of 2016) "Babies! I gave birth to my first, Juniper Amelia, in January 2019 and just gave birth to my second, Liam Thomas, in August 2020. Two under two!"



Jason Nadeau (Class of 2017) Jason ran the virtual Boston Marathon. "He's down in Monte Vista for his CEI (Clinical Experience I) for PT school, and ran it down there with the support of his PT classmates. He finished in exactly 3 hours."



Additional 'Good News!' from **Jason**, and another alumna, **Violette Simon (Class of 2016)**: they're engaged!! Jason & Violette got engaged on June 13th.



5 QUESTIONS WITH OUR FEATURED ALUMNI

Each newsletter, we plan on featuring some alumni. We'll be looking for volunteers tri-annually, so keep an eye out!

CHARLOTTE WILSON, CLASS OF 2020

Lecturer at Tulane University, New Orleans, LA

cwilson16@tulane.edu

"I love working with the students, I enjoy seeing them have an "ah-ha" moment..."

What is your favorite memory from MHA?

Working with the dental students. It was a wonderful learning experience and helped shaped me into the educator I am today.

What was your favorite course/class you took during MHA?

This is a tough one! Either histology or gross anatomy lab.

How do you use anatomy in your current career/life?

I use anatomy every single day! In lecture, we focus more on the cellular structure of tissues (hello histology!); in the lab, we explore the gross structures of the human body.

What do you love most about your current position/job?

I love working with the students, I enjoy seeing them have an "ah-ha" moment in both lab and lecture. It's also been fun to share my love for anatomy with novice learners.

If you could transport yourself to Denver/Aurora right now, what's the first thing you would do?

Tuesday night trivia at Dry Dock to continue our winning streak. Then after trivia, I'd head to Vine Street Pub and get a basket of the best wings in town.



PROGRAM UPDATE

From your MHA AA Program Liaison, Chelsea Goldberg, Class of 2016

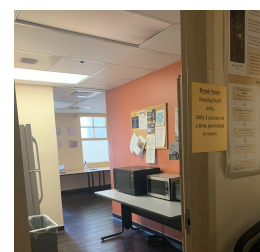
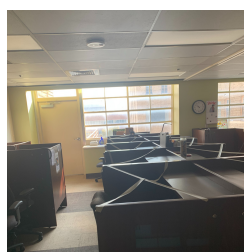
The newest MHA class of 2022 started this fall with 19 first year students (below). We are so grateful for them to be here and welcome them to the MHA family! For the fall semester, Dr. Lisa Lee is leading our 1st years into new territory during COVID-19....teaching a hybrid mix of virtual & in-person classes, she's our rockstar paving the way for MHA classes this fall semester.

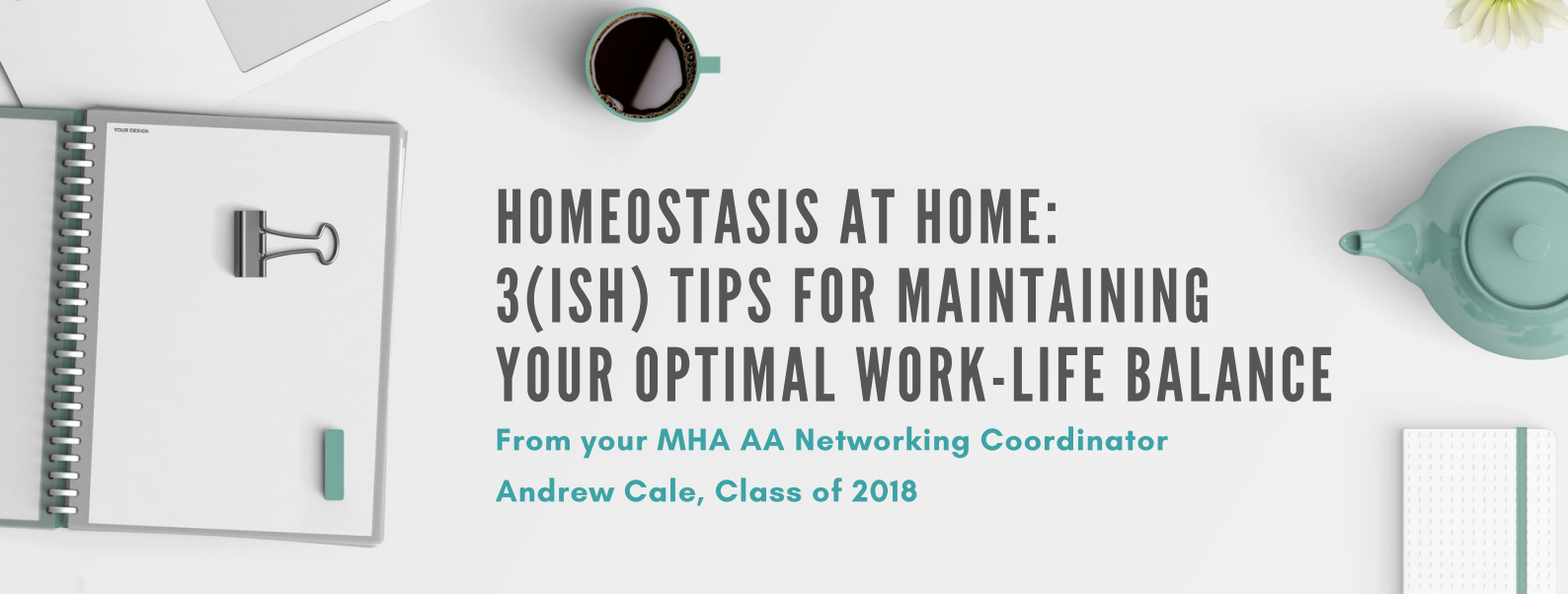


Noah Leppek, Dr. Ernesto Salcedo, & Dr. Chelsea Lohman Bonfiglio are continuing to teach courses this semester virtually as well!

Second years have completed various TAing opportunities, working on capstone, as well as completing full body dissections in the anatomy lab for the CU Medical class this fall (left).

We are thankful for our north star, Jennifer Thurston for keeping us all connected through Wellness Wednesday emails! Our suite feels a bit quiet & empty these days (below). Wishing everyone the best of health during these times!





HOMEOSTASIS AT HOME: 3(ISH) TIPS FOR MAINTAINING YOUR OPTIMAL WORK-LIFE BALANCE

From your MHA AA Networking Coordinator
Andrew Cale, Class of 2018

Is working-from-home feeling a bit more like living-at work? Here are a few tips for reestablishing homeostasis and maintaining your work-life balance at home.

1. **Establish a Routine:** Even if you aren't "going to work", treat your day like a normal workday. Set your alarm, make your coffee, switch from your sleep sweatpants to your work sweatpants (No? Just me?), and do whatever else you would normally do to get your workday started. You'll have a MUCH easier time getting into a productive mindset and hitting the ground running each morning. You can even recreate your commute to work if you...
2. **Find a Dedicated Workspace:** Not all of us have the luxury of dedicating an entire room as an office, but all of us can still find a corner of a room or a table/desk surface for work. Setting aside a single space for work can help you better maintain your work-life balance. Once you enter that space, you know you're in work-mode and when you leave it, you can both physically and mentally leave your work behind for the following day.
3. **Set Goals for Yourself:** Figuring out what tasks need to be done can actually eat up quite a bit of the time you have for getting those tasks done! Instead, at the end of each day, plan out what you will try to accomplish the following day. That way, when your Gluteus Maximus enters your dedicated workspace the following day, you can immediately start working on your most essential tasks.

Bonus - Walk Away...Seriously. Now that our work and home environments have blended together, that work-life balance can be much harder to maintain. Five more minutes returning those last few emails or studying one more lecture can quickly turn into hours and before you know it, it's 2 a.m. and you're one step closer to workaholic burnout. Just as you would protect your time for work, protect your time for self-care as well. Those tasks can wait until tomorrow!

"ANATO-MEMES"

Courtesy of our Meme Finder Andrew Cale, Class of 2018

My advisor: "You can take care of the submission"

