

Lerner Trainee Newsletter

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This newsletter is written by members of the Lerner Trainee Association Communications Committee. We welcome your questions and suggestions!

Email LRITraineeAssoc@ccf.org connect with us.

Happy August, everyone! We are thrilled to bring you the latest issue of our newsletter, packed with valuable information and updates tailored specifically for all trainees. Dive in, stay engaged, and make the most of the resources available to you as part of the LRI family!

In this issue, you'll find highlights from recent events, including RePlay for Kids, the Lerner Linkup Lunch, the LTA Member of the Year Award Ceremony, and the Summer Student Poster Day. A big congratulations to all the awardees! Also, be sure to mark your calendars with the exciting events coming up.

We're also pleased to feature Dr. Julie Zhou, a postdoctoral fellow from the Stappenbeck lab, and Emily Atwood, a PhD student from the Chan lab. We can't wait to hear more about their fascinating work in the future! If you know any alumni who might be interested in sharing their experiences and inspiring current trainees, please let us know.

As always, our Recent Accomplishments section proudly highlights the awards, publications, talks, and career milestones achieved by our trainees. Congratulations on all your well-deserved successes! The Opportunities section provides a summary of upcoming funding and grant opportunities.

This month, CCF Innovations presented a Q&A with Sonja O'Malley, Senior Director and Domain Lead of Digital Health. Sonja shared her insights on the potential impact of AI on caregivers and patients and offered advice on engaging with the digital space and innovation.

Lastly, check out the wellness resources that include Yoga, Meditation, Fitness, and Culinary Medicine sessions. If you would like to contribute to the newsletter, please reach out to us at LRITraineeAssoc@ccf.org.



Join our LinkedIn Group

The Lerner Postdoc and Grad Student Alumni Network on LinkedIn is a group of current and former postdoctoral fellows, research scholars and graduate students at Cleveland Clinic Lerner Research Institute. We share opportunities for career development, networking and highlighting our scientific achievements. We also post reminders about upcoming events, so be sure to turn on notifications! [Request to join here.](#)

Recent Events

LTA Volunteer Event: RePlay for Kids

RePlay for Kids is a non-profit organization that repairs and adapts toys and assistive devices for children with disabilities in Northeast Ohio. RePlay for Kids provides these services at no cost for non-profit organizations that provide medical, educational, or recreational resources for children with disabilities. Many of these organizations have limited resources and often cannot afford to replace devices that have broken, and do not have the technical knowledge or time available to repair the devices.

For the Toy Adapting Workshops, such as this one the LTA participated in, volunteers are shown how to adapt mainstream, battery-powered toys with external switches so that children with disabilities can use them.

The LTA will be organizing a Toy Drive for RePlay for Kids in the near future! (replayforkids.org)



The event was hosted at Skidmark Garage, which generously provided their event space and lounge for free. Skidmark Garage is a members-only motorcycle garage; they are associated with Motogo, a nonprofit organization that teaches middle and high school students how to take apart a motorcycle and put it back together. Through their STEAM-based curricula, students gain knowledge and confidence by working in a safe environment where they can problem-solve and learn from failures, sparking a desire for life-long learning (motogocleveland.com).



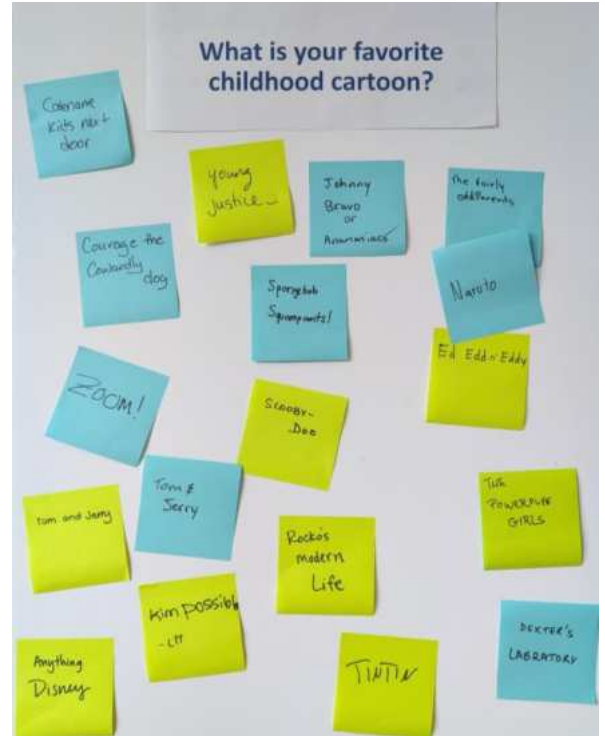
Recent Events

August Lerner Lunchtime Linkup

Lerner Lunchtime Linkup (LLL) is a monthly event organized by the LTA Social and Outreach Subcommittee. LRI trainees are welcome to take a break with treats, coffee, and Legos, while connecting with their peers.

This month, we had Dunkin donuts and coffee, along with Insomnia Cookies. Attendees made Lego creations and new friends. The question of the day was, *“What is your favorite childhood cartoon?”*

Stay tuned to our September LLL event!



Recent Events

LTA Scoops for Success: 2024 Members of the Year Award Ceremony

LTA Scoops for Success is a social event hosted by LTA that invited LRI trainees to enjoy a variety of ice creams while mingling with friends and honoring standout members of the Lerner Trainee Association. The **2024 LTA Member of the Year Award** recognizes LTA members who have shown excellence in fulfilling the mission and contributing to the success of their subcommittee and LTA as a whole.

Congratulations to the 2024 Member of the Year Awardees!

- **Kavita Sharma, PhD** (*Mentorship & Advocacy*)
- **Julia Meyers, PhD** (*Communications*)
- **Naoko Uno, PhD** (*Social and Outreach*)
- **Zaida Laventure (PhD student)** (*Social and Outreach*)
- **Lavanya Jain, PhD** (*LTA Service Award*)



Interested in serving the LRI trainees?
Scan the barcode and let us know!



Andras and Kavya (Co-chairs) and Kavita
Mentorship and Advocacy subcommittee



Julia and Nam (Co-chair)
Communications subcommittee



Molly (LTA Coordinator) and Zaida
Social and Outreach



Hope (LTA Co-president) and Naoko
Social and Outreach



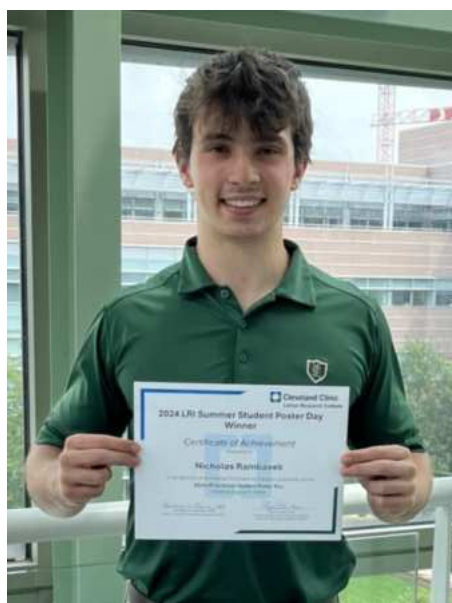
Edward and Lavanya (LTA Advisors)
LTA Service Award

Recent Events

2024 RETC Summer Student Poster Day

2024 RETC Summer Student Poster Day was held on the last internship day for LRI undergraduate students. Talented students gathered to present the fruit of their summer research in a poster and defend their work to the judges. Feedback from judges and visiting lab seniors (graduate students, postdocs, research associates, and PIs) will undoubtedly inspire these young scientists to pursue successful careers in science and medicine.

We truly appreciate everyone's participation in the 2024 Summer Student Poster Day event. Our judges were very impressed by the quality and caliber of our student poster presentations. Congratulations to the 2024 winners!



Nicholas Rambasek
1st place winner



Soumyaa Das
2nd place winner



Joseph Rohde
3rd place winner

1st Place: Nicholas Rambasek

- PI: Dr. Jayati Basu, Department of Inflammation & Immunity
- Title: New role of Nuclear receptor coactivator 7 in blood cell development

2nd Place- Soumyaa Das

- PI: Dr. Hoonkyo Suh, Department of Neurosciences
- Title: Parvalbumin+ interneurons (PV-INs) exhibit a novel and sexually dimorphic response to alcohol exposure and withdrawal in the dorso-ventral axis of the hippocampus

3rd Place- Joseph Rohde

- PI: Dr. Shaun Stauffer, Center for Therapeutics Discovery
- Title: Structure-Based Design of Non-Covalent Inhibitors Targeting the SARS-CoV-2 Main Protease: Optimization and Discovery of P2 Channel Imidazole Replacements

Upcoming Events



Lerner Trainee Association Brings You

Lerner Lunchtime Linkup

Chat! Collaborate! Connect!

**When: Sept. 4th 2024
12PM-1:30PM**

Where: LRI Commons-Garden Side

Coffee and Treats on us
Bring your own lunch if desired

FOLLOW US **GET INVOLVED**



Upcoming Events



FilmClub



The Research, Innovation & Education Diversity Council (RIEDC) invites all caregivers to participate in our Film Club discussion to increase awareness and develop further understanding of various facets of diversity, equity & inclusion topics.

Participants will watch the film ahead of time and will then join the discussion meeting facilitated by members of the RIEDC.

In-Person Group Discussion
Thursday, September 12th, 2024
4 - 5PM in NA1-138



The Visitor (2007)

An inspirational and emotional film about the US immigration detention system. Directed and written by Tom McCarthy.

Synopsis: When professor Walter Vale travels to New York for a lecture, he's stunned to find illegal immigrants Tarek and Zainab living in his apartment. It comes out that it was rented to them by a swindler, and Vale feels sufficiently sorry for them that he invites them to stay. They get on well until Tarek is accused of jumping a subway turnstile and lands in a detention center. He risks being deported, and Vale does everything he can to prevent it.

HOW TO WATCH

Participants will watch the movie on their own before the event. It's available to watch **for free** on Tubi:



<https://tubitv.com/movies/621771/the-visitor>

DISCUSS

Join us for a thoughtful discussion about the film! We'll highlight scenes from the movie and will provide a discussion guide that you can take home.

EAT & DRINK

Refreshments will be provided from Aladdin's Eatery!

REGISTER

Registration is required. Please sign up here by September 2nd.



<https://forms.office.com/r/8BLRf2WRkZ>

Upcoming Events



Research Education & Training Center

2024 Career Development Series

PANEL

Getting Funded as an Early Career Scientist

September 16th 3:30 – 4:45PM

In person: NE1-205

Our panelists will share how they navigated the journey of applying for and receiving funding from NIH, NSF, AHA, and other foundations as early career scientists. Learn tips and tricks for leveraging your scientific expertise to find the right grant for you and to write a stand-out proposal.

Speakers:

Daniel McGrail, Ph.D. | Assistant Staff, Center for Immunotherapy & Precision Immuno-Oncology

Nikhil Panicker, Ph.D. | Assistant Staff, Neurosciences Department

Sarah Schumacher-Bass, Ph.D. | Assistant Staff, Cardiovascular & Metabolic Sciences Department

Iris Smith, Ph.D. | Research Associate, Genomic Medicine Institute

Networking

This year's series will incorporate discussions on the importance of networking. Speakers will share professional networking stories and attendees will participate in short guided self-reflection and group-networking activities.

Register to attend at

<https://forms.office.com/r/VeBk72q3pN>

- Light refreshments will be served.
- Florida trainees may register by 9/15 to receive a link for a virtual option.

All postdocs, research scholars, and PhD students welcome!

Upcoming Events

SAVE THE DATE National Postdoc Appreciation Week



September 16th – 20th, 2024



Nominate a postdoc for the **Leadership & Service Award** by 9/2/24. Self-nominations are welcome. Winners will receive a \$500 cash prize! Submit nominations at <https://bit.ly/3zioHSD>.



Free professional headshots are available at main campus for postdocs on Tuesday and Wednesday during Postdoc Appreciation Week. Reserve a spot by 9/9/24 at <https://bit.ly/2024NPAWheadshot>.



Postdoc Town Hall with Dr. Moravec on 9/19/24 at 4PM. Register to attend and submit your questions at <https://forms.office.com/r/NNi6bFSrni>.

Full Schedule Coming Soon!

Brought to you by the Research Education & Training Center and the Lerner Trainee Association



Meet your Fellow

Julie Zhou

PhD

Where are you from?

I am originally from Beijing, China. I immigrated to the US at an early age and grew up in a suburb outside of sunny Phoenix, Arizona.

What is your educational background?

I obtained my Bachelor's degree from Washington University in St. Louis, majoring in Philosophy-Neuroscience-Psychology and minoring in music with a focus in piano performance. I obtained my PhD in Pathology (Immunology Training Program) from Case Western Reserve University School of Medicine.

What did your graduate research focus on?

My graduate research was completed in the laboratory of Dr. Brian Cobb, whose early work suggested that MHC Class II on antigen-presenting cells could present a polysaccharide from a commensal microbe (first example of a non-protein antigen) for CD4⁺ T cell activation. My thesis work involved determining the T cell response downstream of polysaccharide presentation, which we found was dominated by enhanced regulatory T cell activity and robust STAT5-mediated IL-10 production capable of suppressing mouse models of asthma and multiple sclerosis. I also helped characterize the regulatory roles of host glycans, including Siglecs in driving macrophage activity and regulation of IgG sialylation.

How did you decide to pursue your current postdoc at Cleveland Clinic?

While studying systemic immune responses during my PhD, I began to recognize that immunity in tissues is governed by an even more complex and often contradictory array of signals. For there to be any productive response seemed

amazing to me and were gaps in current knowledge. I therefore sought to gain training in a tissue-specific niche to understand immune cell regulation at this level. I had the opportunity to interview broadly during the COVID-19 pandemic. At the same time, I learned that my family would stay in Cleveland. Coming to the Cleveland Clinic for postdoctoral training therefore allowed me to fulfill multiple important roles.

Which lab do you work in and for how long?

I'm in the lab of Dr. Thaddeus Stappenbeck in the Department of Inflammation and Immunity. I have been in this role for just over 2.5 years.

What is your current research focus?

I am following up on an observation made half a century ago that stem cells of the intestinal epithelium can engulf dead cells. We are finding that this mechanism of dead cell surveillance initiates an epithelial-driven enhancement of immunity that can shape homeostatic responses and may play a role in disease pathogenesis in the intestinal tract. This work has allowed me to learn new techniques and forge new collaborations.

Do you have any recent accomplishments in your current position?

I was fortunate enough to receive an NRSA F32 fellowship to fund my postdoctoral work. This work has allowed me to travel to a conference at HHMI Janelia on 4D cell physiology and an upcoming Gordon Research Conference on epithelial stem cells.

What do you like to do outside of the laboratory?

I particularly enjoy finding beauty in the everyday, whether in the outdoors, in the arts, in a book, in friends and family and pets, in making new connections, in food, in travel, and in all the many things in life that make it so worthwhile!

Meet your Graduate Student

Emily Atwood



Where are you from?

I was born and raised in Cleveland, Ohio!

What is your educational background?

I got my undergraduate degree from Grove City College and majored in Biology Pre-Health with a concentration in Neuroscience and minored in Psychology. There I completed research in psychoneuroimmunology and the relation of IL-1, psychological and physical stress, and depression. I also completed a genetic dissection of the heme resistance locus in *Bacillus anthracis*, and an additional project exploring chemical inhibition of cancer stem cells. I also obtained a Master's from CWRU in Medical Physiology which provided me with a deep understanding of both the research and clinical applications of physiology with a focus on neurobiology, down to the molecular level.

Which lab do you work in and for how long?

I am excited to have the opportunity to complete my thesis, as a second-year Mol. Med. PhD student, in Dr. Timothy Chan's lab! I am thankful for all the amazing scientists I get to work alongside every day toward my passion for harnessing our body's most powerful weapon, the immune system, against brain cancer. Before entering the Molecular Medicine PhD program, I was previously a Lead Technologist in the CCF Clinical Molecular Microbiology/Virology Pathology Laboratory. I had some great experience in lab management, along with test development and research. I worked on CCF's currently available viral and bacterial detection assays for viral load transplant testing (including CMV, HCV, HIV, HBV, EBV, and BKV), Covid/Flu A and B combination identification, Covid Self Collect Kit assay, Orthopox (Mpx) PCR identification, STI testing, SARS Cov-2

NG sequencing, and many other projects.

How did you decide on the Cleveland Clinic?

Since I was born and raised in Cleveland, the Clinic has been the institution I have always envisioned myself working in. I had a very early interest in science and was determined to put myself in a position where I could work at the Clinic one day! I am so thankful for the opportunities, education, and community this institution has already provided me during my career as a young scientist!

What is your current research focus?

My current research focus is on HER2 immunomodulation in GBM. I also work on ADC targeting of Trop2 in both bladder and anaplastic thyroid cancer, with an additional project exploring the role of PTPRD in EGFR mutant lung carcinoma.

What do you like to do outside of the work?

I am lucky to be married to my lifelong best friend and our favorite hobby together is trying new and exciting cuisine with interesting wine and beer pairings around Cleveland! I am also an avid distance runner! I have competed since high school in most distances ranging from 400 meters to 26.2 miles. Being a captain on my high school and college cross country/track teams, I really missed the team aspect associated with organized sports, so I decided to start my own run club here in Cleveland! I am excited to build a positive and educational team environment for both new and experienced runners to share their passion for running. I also plan to continue to raise money for various cancer research areas, specifically focusing on pediatric brain cancer, through distance racing sponsorships! If this sounds like something you would be interested in, feel free to reach out to me at atwoode@ccf.org! We would love to have you!

Accomplishments

Congratulations to Dr. Fisher from the Luse Lab in the Department of Cardiovascular & Metabolic Sciences!

The recent article by Dr. Michael Fisher titled "Defining a chromatin architecture that supports transcription at RNA polymerase II promoters" was published in *Journal of Biological Chemistry*.

<https://doi.org/10.1016/j.jbc.2024.107515>



Congratulations to Dr. Costa from the Sautto Lab in the Florida Research & Innovation Center!

The recent article by Dr. Gabriel Costa titled "Exploring T-Cell Immunity to Hepatitis C Virus: Insights from Different Vaccine and Antigen Presentation Strategies" was published in *Vaccines*.

<https://doi.org/10.3390/vaccines12080890>

Congratulations to Dr. Ramos from the Serletis Lab in the Epilepsy Center, Neurological Institute!

The recent article by Dr. Alejandro Nieto Ramos titled "Epileptic network identification: insights from Dynamic Mode Decomposition of sEEG data" published in the "Journal of Neural Engineering" was published in *Journal of Neural Engineering*.

<https://doi.org/10.1088/1741-2552/ad705f>



We love celebrating trainee accomplishments! To submit your own news or to recognize someone else, email

LRITraineeAssoc@ccf.org

Accomplishments

Congratulations to Dr. Srivastava from the Zhang Lab in the Genomic Medicine Institute!

Dr. Vishal Srivastava was selected to give a talk at [Gordon Research Seminar 2024](#) and [Gordon Research Conference 2024](#) in Waterville Valley, New Hampshire. The title of the talk was “Ribosomal readthrough as an alternative therapy for hemophilia patients with nonsense mutations”.



Congratulations to PhD student Jessi Marin-Liddy from the Erdemir Lab in the Department of Biomedical Engineering!

Jessi Martin-Liddy was selected to give a talk at the [Endocrinology, Diabetes, and Metabolism \(EDM\) 2024 Conference](#) in Vienna, Austria. The title of the talk was “Center of Pressure Trajectory Variability in Varying Degrees of Diabetic Peripheral Neuropathy”. Jessi also moderated and gave the welcome address for the conference.

She gave another talk at the [ESM 2024 Novel, Inc. Conference](#) in Grassau, Bavaria. The title of the talk was "Medial Longitudinal Arch Stability Assessment Utilizing Step-to-Step Pressure Trajectory Variability During Midstance".

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Opportunities

Career Development

- **Understanding the media | A starter guide for scientists:** August 21st from 2 – 3PM, hosted by SciLine, based at the American Association for the Advancement of Science (AAAS). This free, one-hour course—designed specifically for media-curious scientists with little or no media experience—teaches the basics scientists need to know as they consider dipping their toes or diving deeper into media engagement. Learn more and register [here](#).
- **Virtual Workshop on Addressing Challenges Faced by Researchers in Academia:** Hosted by ICorSA on September 17th from 10AM – 12PM Eastern Time. This public debate aims to shed light on challenges faced by the research community, share personal experiences, and collaboratively discuss potential solutions. Participation is free, but registration is required by Monday, September 16th. Learn more and register [here](#).

Funding and Grant Writing

- **NIH Fellowship Application and Review Process Changes:** Have you heard about upcoming changes to the NIH fellowship application and review process and are wondering about the implications for your application? If so, plan to attend the Revisions to the Fellowship Application & Review Process webinar on September 19th from 2 – 3PM. During this live event, NIH experts will share details on what you can expect and how to prepare now for applications with due dates on or after January 20, 2025. Register [here](#).
- **2024 Postdoctoral Fellow Leadership & Service Award:** The Lerner Research Education and Training Center (RETC) is pleased to [invite nominations](#) for the 2024 Postdoctoral Fellow Leadership & Service Award. Self-nominations are welcome. Awardees will receive a \$500 cash prize, certificate and recognition during National Postdoc Appreciation Week (September 16th - 20th, 2024). Deadline: Thursday, September 2nd, 2024 by 11:59 PM

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LRITraineeAssoc@ccf.org

Opportunities

- **St. Baldrick's Foundation | Scholar (Career Development) Award:** The Award is intended to support the independent research of highly-qualified individuals still early in their careers. Projects must have direct applicability and relevance to pediatric cancer, and can be in any discipline of basic, clinical, translational or epidemiological research. This award is granted for three years with an opportunity to apply for an additional two years of funding based upon the demonstration of significant accomplishment. [Apply via InfoReady](#) by October 1, 2024.
- **2025 Crile Research Fellowship Award:** To encourage basic research training in the next generation of physicians, Cleveland Clinic is offering up to four (4) Basic Research Training Awards for highly meritorious basic science research proposals. First priority will be given to those in the primary residency programs. Recipients should be at the graduate level II or above. [Apply via InfoReady](#) by Sept 30th, 11:59 PM.
- **2025 Bernadine Healy Research Fellowship Award:** The Lerner Research Institute (LRI) began providing funding for one (1) research fellowship, to encourage basic research training in the next generation of physicians, in conjunction with the Crile Research Fellowship. This Basic Research Training Award is for highly meritorious basic science research proposals. First priority will be given to those in the primary residency programs. Recipients should be at the graduate level II or above. [Apply via InfoReady](#) by Sept 30th, 11:59 PM.

We love celebrating trainee accomplishments! To submit your own news or to recognize someone else, email

LRITraineeAssoc@ccf.org

Monthly feature



CCF Innovations

Happy Summer LRI Trainees! Did you know that [Cleveland Clinic Innovations \(CCI\)](#) is the commercialization arm and tech transfer office of the Cleveland Clinic? For this issue, we wanted to introduce and highlight CCI's Sonja O'Malley, MBA, PMP, Senior Director and Domain Lead, Digital Health. The Q&A below explores her role in digital health and innovation, perspectives on AI and its future impact, sources of inspiration, advice for aspiring inventors, and more. In addition, we are proud that Sonja has recently been named [one of the 141+ women in health IT to know in 2024 by Becker's Healthcare!](#)

As a reminder, if you would like to connect on anything innovations-related, please reach out to your LRI Engagement Partners ([Morgan Carter, PhD and Matt Koletsky, MS](#) as leads for Therapeutics and Diagnostics, [Nicole Byram](#) as lead for Medical Device, and [Michelle Leung](#) as lead for Digital Health). We are here for any questions and/or to discuss the innovation process or ideas you may have. Also please check our [new Inventor Portal](#). This page also has lots of information and resources for you.



Q&A with Sonja O'Malley

MBA, PMP, Senior Director and Domain Lead, Digital Health

What brought you to Cleveland Clinic & how long have you been with the organization?

I've been at Cleveland Clinic for 12 years. I started my career in the clinical laboratory at University Hospital Health System and grew up in Cleveland. After working in the clinical laboratory, I was headed to either medical school or business school. Ultimately, I decided to go to business school, but even after I started working at Accenture for some years, I went back and took the MCAT. I had the 'clinical bug to directly serve patients'. To go to medical school, I had to go back and take a physics class. My dad and I are pretty competitive, so we both took the evening physics class. We finished together, top of the class, although he did beat me out – my dad was number one in the class. Nonetheless, I decided to stay on the business track versus going back to medical school.

Monthly feature



CCF Innovations

Cleveland Clinic has always been an icon. I was drawn to Cleveland Clinic because it puts patients first and holds quality to a high standard. Cleveland Clinic Innovations was an attractive opportunity to serve patients and caregivers in that I was able to combine my clinical background with business experience from Accenture's Healthcare Consulting practice, payer, and entrepreneur at a couple of different startups. Our organization provides an environment close to the delivery of patient care, and that accelerates scientific discovery from bench to bedside.

What does a typical day look like for you?

Being the Senior Director and Digital Health Domain Lead, the average day is very exciting and diverse. It's a constellation of intense learning, rounding with caregivers on what challenges they're trying to solve, and spending time with them firsthand. Additionally, I find the best go-to-market path to advance technologies and scientific discoveries, so we reach and impact patients and caregivers worldwide. Some days, it's finding an industry partner to license technology, and other days, it's working with our team to start a company around that technology

Digital health is interesting in the sense that we get the opportunity to work with all caregivers across the organization because digital touches everything we do. As our CEO Dr. Tomislav Mihaljevic has said, the biggest difference between an average and an exceptional hospital will be their digital capabilities.

What are you excited about in the realm of digital health right now or in the near future?

I am cautiously optimistic about artificial intelligence and generative AI. I think there is significant opportunity with AI as a team member. I think AI is more of an enabling technology that allows us to work at a higher performance level. Our organization is exploring these opportunities methodically, ethically, and safely, and testing them in risk-managed pilots. I respect that. For example, testing out solutions that support our caregivers in their work, such as in a non-clinical function before we would apply them in a patient-facing setting. AI as an enabling technology touches many things that we do in clinical and non-clinical settings.

How can AI impact patient care and make a difference for caregivers?

Our digital strategy includes the use of AI in several different areas – such as ambient listening in the room to support clinical documentation and automated coding. AI can take notes during the patient visit so that the physician can focus more on the patient. We have a lot of work to do with gathering and searching for information, and AI can assist us with those kinds of tasks - - and it is fairly good at that right now. Then, we can spend our time on the critical thinking and creative part of the equation.

Monthly feature



CCF Innovations

We are actively working to reduce the administrative burden of delivering healthcare services. A lot of attention units and caregivers are needed to operate the clinical and non-clinical delivery engine. Therefore, it is important that we assist our coders by gathering information on what occurred during the inpatient or outpatient stay so that they can focus their time on the critical thinking and follow-up related to quality documentation supporting accurate billing.

Another project we are working on is enhancing the clinical monitoring of critical and non-critical patients. We are getting real-time information about the status of a group of patients, to improve alertness and enable proactive, timely interventions when a patient's condition changes. This enhances patient care and saves lives by making sure the patients with the most urgent needs are proactively detected and treated, balancing the number of clinicians and patients, while keeping the quality-of-care high.

What first made you interested in working within Innovations?

We're all patients or caregivers for our family members. Healthcare impacts us directly every day. You could take the position of watching what happens or step into the ring of fire and influence what happens. Innovation is an opportunity to directly influence and change how healthcare is delivered, both on the clinical or non-clinical side. I chose to step into the ring of fire. Innovation is a rewarding way to have an impact and create positive change instead of being a passive observer.

How has Innovations changed since you have been at Cleveland Clinic?

We're practicing our own discipline because we've gone through many iterations ourselves as a department over the years. In a positive way, we're looking at different ways to streamline and advance technologies. When you think about it, that's the essence of innovation - looking at optimal ways to do things differently. By practicing our own discipline, we can better serve our patients and caregivers to get these technologies to market faster.

Whether it's product development, new company formation, or business development - everyone can focus on their domain or area of expertise to better serve our innovators under our current business model. Our innovators have devoted many hours obsessively to finding a solution for whatever the problem is. I've been an entrepreneur. I used to get up at 3:00 a.m., and continuously wonder "How do I improve? How do I modify this? That validation test failed, why." We have a process now to better serve innovators through each step of the inventor journey. Our Engagement Partners scout for innovative projects, Assessment scours the market for trends and potential partners, Technology Development protects the intellectual property and drives product development, Business Development team identifies the optimal go-to-market

Monthly feature



CCF Innovations

path and negotiates agreements, and the NewCo team starts Cleveland Clinic spin-off companies and manages associated funding. Our teams are here to guide innovators with our deep expertise at each step in the Innovations process.

Are there any publications or people that you follow in the digital space that you recommend or that you find insightful?

There are several sources I follow. Forbes puts out Term Sheet which is a solid summary of not only healthcare but also of emerging technologies and deals that are in the works. CB Insights has pithy reviews, and Rock Health is a good one too. I also like some of the Venture Capital blogs that exist like A16Z and SignalFire. It is also noteworthy that these firms are promoting women on these channels and providing inspiration and direct insights into what's happening in our industry.

I also have non-work-related inspiration. I love to travel because getting outside of our day-to-day environment and comfort zone to experience other cultures is important. I recently traveled to South America and spent time with healthcare leaders in the region. Challenges are nuanced, but the leaders I spoke with are dealing with many of the same issues that we do... interoperability, how to exchange patient data, and access to care. We can learn from each other!

What advice would you give someone interested in inventing but may be intimidated by the process?

You can watch from the sidelines or actively pursue changing healthcare for the better. Innovations is here to advocate for innovators and spend time deeply understanding what the problem is and how to solve it. That upfront time is where expertise as an innovator is most needed and then we partner on how to do the rest. To advance innovation, we need a multidisciplinary team that has diverse skills and viewpoints combined with a passionate innovator leading the way.

There's a show on Netflix called Formula 1: Drive to Survive, and it's one of my favorite shows to binge-watch. Formula 1 racing and our work have many similarities, as we are both a team of teams. Formula 1 is a sport where success depends on teamwork. You must be very deliberate, meticulous, and precise. Mistakes can be fatal. The way that the Formula 1 industry measures and tracks data is analogous to how we monitor patients' health. Formula 1: Drive to Survive is a good analogy for our industry, as those teams collaborate to utilize everyone's skills to achieve successful outcomes.

Wellness Resources



Cleveland Clinic
Wellness

Daily Wellness Tools for YOU Program

Weekly, live and virtual. Ongoing self-help support.

Meditation Monday 12:15 – 12:45 pm	Fitness Friday 10:00 - 10:30 am
Yoga - Therapeutic Chair 12:15 - 12:45 pm Tuesday - Level 1 Wednesday - Level 2 Thursday - Level 3	Culinary Medicine/Nutrition Friday 12:15 - 12:45 pm two times per month (see event page for dates)

All sessions will be held via the Webex platform,
registration is required at:
clevelandclinic.org/CILMevents

Well-Being, Self-Care and Emotional Support for Caregivers

Please note: A connection to the Cleveland Clinic network is required to access many of these resources.

For a more detailed and complete list of resources, please visit [this link](#).

Caregiver Experience Wellness Portal: disconnect, unwind or say thank you virtually

Caring for Caregivers: confidential services that preserve, restore and enhance wellbeing of our caregivers. Available at 1-800-989-8820 (including new Boost telephone appointment).

Cleveland Clinic Office of Caregiver Experience on [Facebook](#) and [Instagram](#).

Connect Today/Learner Connect: resiliency resources to help you manage complex, changing times (virtual meetings, change and stress management, and communication)

Occupational Health: If you have further questions about COVID-19 please contact the COVID-19 Caregiver Hotline at 216-445-8246.

OneClick to Well-Being: well-being information and resources for staff

Spiritual Care and Healing Services: information for the religious and spiritual needs of CCF patients, their families and loved ones, and Cleveland Clinic caregivers. (216) 444-2518

CCPD Victim Advocacy: resource to help educate and support the CCF community on domestic violence. Email the committee at: dvcommittee@ccf.org

Join in on live virtual Yoga, Meditation, Fitness and Culinary Medicine sessions. These are available for free to all caregivers. All sessions will be held via the Webex platform, registration is required at:

<http://clevelandclinic.org/CILMevents>

****Graduate Students are welcome to join!****

Behind the Scenes

This newsletter is written by the Communications teams of the Lerner Trainee Association Leadership Council and fellow trainees. We welcome your questions and suggestions!

Email LRITraineeAssoc@ccf.org to connect with us.

LTA Communications Team

Jason Ross, Nam Than, William (BJ) Massey, Swapnil Dey, Susan Afolabi, Julia Myers, Lavanya Jain

Lerner Trainee Association Leadership Council



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