

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 June! Hope you all enjoyed the longest day of the year – that is the summer solstice! Also, a big round of applause to everyone for surviving the brutal heat we had in Cleveland in the past couple of weeks. Now, grab a cup of coffee (or tea), relax, and read on as we detail the accomplishments of our many trainees this month as well as several future events!

There are many exciting upcoming events in July! We also introduce the Discovery Accelerator's recently launched series of self-paced courses that familiarize caregivers with IBM quantum computing and its applications in healthcare.

In this issue, we feature medical resident Dr. Parker Bussies and PhD student Hope Zehr, along with LRI alum Dr. Lindsey Anstine. In this issue's "Meet our LTA member" section, we feature Dr. Daniela Duarte Bateman, our postdoc co-chair for the Social and Outreach Committee.

Our Recent Accomplishments section highlights recent awards, publications, talks, and career milestones achieved by our trainees. The Opportunities section summarizes all the funding and grant opportunities with upcoming deadlines.

Our CCF Innovations feature will take a break this month but will return soon. In the meantime, check out our previous issues for infographics on invention disclosures and patents that you might have missed.

Lastly, trainees can find wellness resources that provide 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.](#)

Upcoming Events



Cleveland Clinic
Lerner Research Institute

2024 Summer Student Seminar Series

Crafted and created for Lerner Research Institute Summer Students

Brought to you by Research Education & Training Center (RETC)

[LRI Overview and PhD Programs](#)

Jason Ross, PhD

Student Panel– Current Graduate/Medical

June 6th | 1-2 PM | NC1-202

Lunch will be provided

[Graduate & Medical School Admissions](#)

Bela Anand-Apte, MBBS, PhD, MBA
& Christine Warren, MD, MS, FAAD

July 25th | 1-2 PM | NC1-202

[Abstract, Poster, & 3- Minute Research Pitch](#)

Akhil Mohan, PhD & Sepideh Khazaie, MD

June 20th | 1-2 PM | NC1-202

[Exploring Technical Research Positions](#)

Tammy Sadler, MS

August 15th | 1-2 PM | NC1-202

[IBM Quantum Computing & Quantum Walk](#)

Allison B Botros, MBA & Brandon Musarra, MBA

July 11th | 2:30-3:30 PM | NE1-205

All seminars will be held in-person and light refreshments served.

Summer Student Poster

Day August 1, 2024

2:30 – 4:30pm, NC1-202 & NE1-205

Showcase your summer research and win prizes!

Curious- Reach us at retc@ccf.org

Interested- Discuss with your PI/ Mentor today!

Scan the QR code to register!



Upcoming Events



This FlowNUTS and DoNUTS session, in collaboration with BD's THINK Spectral Education Series, will help you understand the differences between spectral and conventional flow cytometry along with basics of panel design for multicolor experiments. Attendees will gain deep knowledge of high parameter panel design and an understanding of how to overcome obstacles for high quality spectral data. Coffee and Donuts will be provided for registrants.

Friday, July 12th - Lerner Research Institute, NA Building Rm NA1-142

9:00-9:15 am	Refreshments (Coffee and Donuts Provided by BD Biosciences)
9:15-10:15 am	Introduction to Spectral Flow Cytometry Kim Arklin, Ph.D; Applications Scientist and Technical Consultant, BD Biosciences
10:15-10:30 am	Break
10:30-11:30 am	Tools and Considerations for the Design of Multicolor Flow Cytometry Panels David Morris, Ph.D; Sr. Applications Scientist and Technical Consultant, BD Biosciences
11:30-11:45 am	Break
11:45 am-12:15 pm	Next Frontier in Flow Cytometry: Integrating Spectral Flow Cytometry and Real-Time Imaging Kim Arklin, Ph.D; Applications Scientist and Technical Consultant, BD Biosciences

Hosted by Kewal Asosingh, PhD., Director, Flow Cytometry, CCF Flow Cytometry Core
Questions: asosink@ccf.org

Register by scanning the QR Code
or using the following link:

https://bit.ly/BD_THNK_Spectral_071224



Upcoming Events



Hosted by the Neurological & Vision Impact Area

24th Annual **Lerner Lecture**

Thursday, July 11, 2024

4:00 - 5:00pm

Bunts Auditorium



**“Genetics of and Genetic Therapies for
Inherited Retinal Degenerations”**

Eric Pierce, MD, PhD

**Professor of Ophthalmology, Harvard Medical School
Director, Ocular Genomics Institute, Mass Eye and Ear**

Dr. Eric Pierce is the Chatlos Professor of Ophthalmology at Harvard Medical School and the founding Director of the Ocular Genomics Institute (OGI) at Mass Eye and Ear. Dr. Pierce's research focuses on identifying genetic causes of inherited retinal degenerations (IRDs) and developing genetically informed therapies. His work has led to the discovery of multiple IRD disease genes and has supported clinical trials for genetic therapies. Dr. Pierce has been recognized with awards such as the Alcon Research Award and the Proctor Medal from ARVO, and he has served in various leadership roles, including chairing the Scientific Advisory Board for the Foundation Fighting Blindness.

Reception in Bunts Auditorium lobby immediately following.

All caregivers are encouraged to join in-person.

Questions? Contact Courtney Koch (kochc2@ccf.org)

Upcoming Events



PANEL

Technology Transfer and Patenting Careers

July 18th 2:00-3:15PM
In person: NE1-205

Join our panelists from the Cleveland Clinic Proof-of-Concept and Innovations teams to learn how bench research makes it to the commercial work. We'll hear how they transitioned from their academic scientific training to careers in the realm of technology transfer. We'll also learn about how trainees can gain experience now through the Innovation Fellowship Program.

Speakers:

Bryan William, Ph.D. | Scientific Director, Office of Strategic Alliances and Technology Development

Elizabeth Sump, B.S. | Senior Director, Strategic Alliances and Technology Development

Erik Waldorff, Ph.D. MBA | Senior Director, Innovations Proof of Concept, Medical Devices

Mutua Mattu, Ph.D. | Patent Agent, CC Innovations



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/J10Ty624pC>

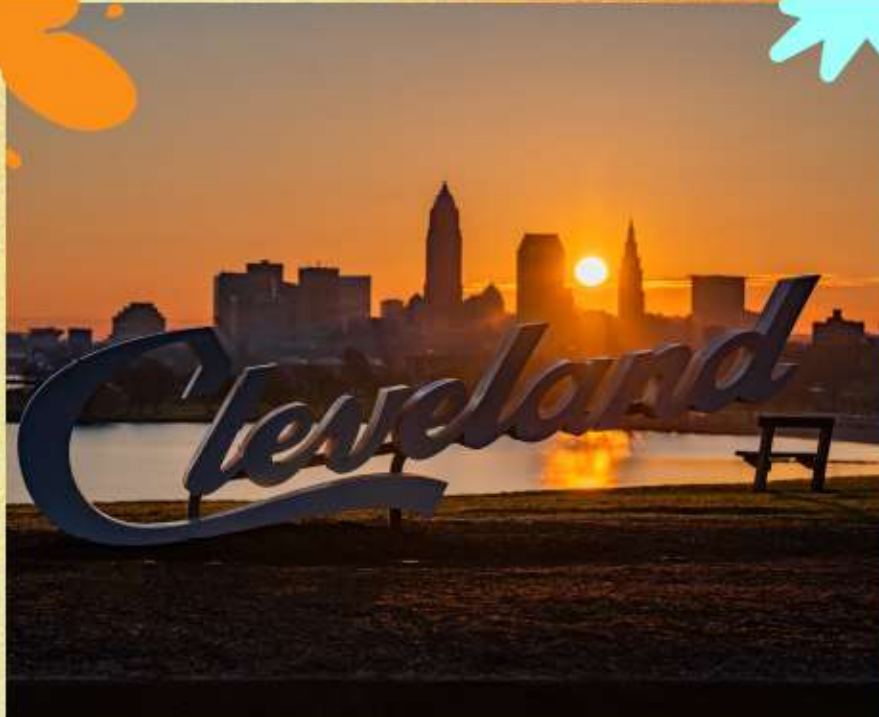
- Light refreshments will be served.
- Florida trainees may register by 7/17 to receive a link for a virtual option.

All postdocs, research scholars, and PhD students welcome!

Upcoming Events

LRI Trainee Picnic

Join us for an enjoyable day of food and fun!



Scan the QR
code to RSVP



Where:

Edgewater Park, Upper West Pavilion
Cleveland, OH 44102

When:

Saturday, August 17, 2024
12:00 - 3:00pm

RSVP By:
July 26, 2024

Please reach out to RETC (RETC@ccf.org) or Isabella Kibby (kibbyi@ccf.org) with any questions

Upcoming Events

**30TH
ANNUAL**

Goodtime Dinner Cruise



You're Invited!

DATE

Sunday, July 28th

TIME

6:30 pm – 9:30 pm

Boat leaves at 7:00 pm sharp

WHO'S INVITED

All residents, fellows, researchers, medical students, staff, alumni, scientists, and their guests

COST

\$30 per person, Adults only

TICKETS

Purchase tickets by visiting
clevelandclinic.org/goodtime

QUESTIONS

Call the Alumni Relations Office at **216.445.6961**.

This annual event is hosted by the Cleveland Clinic Alumni Association.



Connect with us on
LinkedIn



Upcoming Events



Hosted by the Cancer Impact Area

Distinguished Cancer Lectureship

Wednesday, July 31, 2024

1:00 - 2:00pm

Bunts Auditorium | Microsoft Teams



“The Biology Behind PD1 Blockade”

Arlene Sharpe, MD, PhD

Kolokotronis University Professor, Harvard University
Chair, Department of Immunology, Harvard Medical School

Dr. Sharpe is a leader in T cell costimulation research. Her work focuses on understanding and manipulating T cell pathways for cancer immunotherapy and autoimmune disease treatments. Dr. Sharpe has authored over 400 papers and received numerous awards, including the William B. Coley Award, the Warren Alpert Foundation Prize, and recognition as a Highly Cited Researcher (top 1%) by Thomas Reuters. She is a member of several prestigious organizations such as the National Academy of Sciences and National Academy of Medicine.

All caregivers are encouraged to join in-person.

Recent Events



The Discovery Accelerator recently launched self-paced courses and seminars available to all caregivers on MyLearning.



IBM Quantum Learning Journey

This comprehensive program consists of five educational pathways. Each course guides learners toward a deeper understanding of quantum computing and its potential applications within healthcare and life sciences.

Pathways include:

- Welcome to Quantum
- A Deeper Understanding
- Understanding Quantum Computation
- Intermediate Quantum and Qiskit
- Advanced Use Cases



IBM Improving Healthcare Program

This program's modules provide a brief overview of the role of data science, cloud computing and artificial intelligence in healthcare and outlines future opportunities. Each module is approximately two hours long.

Courses include:

- The Role of Data Analytics and Data Science
- The Role of Artificial Intelligence
- The Role of Cloud Computing



Discovery Accelerator Technical Seminar Series with IBM

The Discovery Accelerator Technical Seminar Series provides educational content for caregivers who want to expand their work using new technologies. You can view all the recordings on MyLearning.

Past seminar topics included:

- Finding the Way Towards Quantum Utility in Healthcare and Life Sciences
- AI Tools for Scientific Discovery
- Generative AI for Scientific Discovery
- Fueling the Digital Lab Revolution with Foundation Models and Multi-Cloud
- Digital Health at IBM Research: Realizing Personalized Closed-Loop Therapies

MyLearning

To access these resources, go to MyLearning.ccf.org and type "IBM" into the search bar at the top of the page.



Meet your Fellow

Parker Bussies

MD, MS; PhD candidate

Where are you from?

I'm from Zeeland, MI.

What is your educational background?

I did my undergraduate studies at Hope College, where I received a BA in Biology, Chemistry, and Spanish. I then completed medical school and a master's degree in Genomic Medicine at the University of Miami Miller School of Medicine. I started my medical residency in Obstetrics and Gynecology at the Cleveland Clinic in 2020, and I joined the PRISM (Physicians Researchers Innovating in Science and Medicine) Molecular Medicine PhD Program in 2022.

What did your graduate research focus on?

Throughout medical school and my MS program, my research focused on understanding the importance of local genomic ancestry in determining risk for Alzheimer Disease. This involved genome-wide association study of heavily admixed patient populations. Additionally, I worked to identify peripheral biomarkers (exosomal miRNAs, methylated circulating tumor DNA) that could distinguish primary uveal melanoma tumors with low- versus high-metastatic potential.

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

In the future, I plan to pursue a career as an academic Reproductive Endocrinology & Infertility (REI) specialist. The PRISM PhD Program allowed me to harness my basic science research skills without taking too much time away from maintaining/developing my clinical skills.

Which lab do you work in and for how long have you been a part of this team?

I work in Dr. Charis Eng's lab of the Department of Genomic Medicine and just completed my second year with the team.

What is your current research focus?

My work focuses broadly on the intersection between genetics and neuroendocrinology in the context of autism. I look at how germline *Pten* mutations lead to altered oxytocin signaling in mice. I further evaluate the long-term impacts of exogenous antenatal oxytocin exposure on their oxytocin signaling and baseline predisposition for autism-like behavior.

Do you have any recent accomplishments in your current position?

I have one first-author manuscript under review that evaluated patient socioeconomic deprivation as a modifier of PTEN Hamartoma Tumor Syndrome (PHTS) phenotypic divergence (cancer vs autism). I am also a co-author on a few of our team's manuscripts being submitted.

What do you like to do outside of the laboratory?

Outside of the lab, I enjoy going to the gym, playing tennis, and watching trash TV. I also recently picked up fire spinning.

Meet your Graduate Student

Hope Zehr



Where are you from?

I was born in Michigan (the place that shall not be named) but grew up mostly in Fishers, Indiana. My family moved around a bit before landing in Ohio before my college career started.

What is your educational background?

My undergraduate degree is in Chemical Engineering from Cleveland State University (CSU) and am now working toward my PhD in Applied Biomedical Engineering from CSU. I have also earned my Master's degree in Biomedical Engineering along the way.

Which lab do you work in and for how long have you been a part of this team?

I am a member of Dr. Vijay Krishna's lab in the Department of Biomedical Engineering, Lerner Research Institute, and I have been working in it since May 2022.

How did you decide on the Cleveland Clinic?

The Cleveland Clinic has resources beyond measures and has provided me with opportunities that I am grateful for. Yet, the primary reason for deciding on the Clinic, and more particularly my lab, is because of my fellow peers in Krishna lab. I work with three other PhD students, a research associate, a research technician, and several undergraduate students that make our space fun and supportive. Everyone at the Clinic has been very helpful, caring, and thoughtful, which makes it a great place to work.

What is your current research focus?

My current research is engineering carbon nanomaterials for skin cancer prevention methods. I am optimizing their photophysical properties and evaluating their performance. Part of my project has shifted to investigating our materials on the molecular level using quantum chemistry calculations, which has been a new and exciting learning curve.

What do you plan to do after you complete your PhD?

In my opinion, this is the most common question asked to PhD students and is the most difficult to answer. I know that I would like to teach in a university in some capacity. I have always enjoyed teaching, tutoring, and mentoring, which has set the path for me to want to teach as a professor in the future. However, I do not have any specific plans for after my PhD since I have discovered so many different fields and sciences that I am fascinated with. About one year ago, I began a new quantum computational chemistry project in my lab that has been exciting to learn more about. All that I know for now is that I want to continue to challenge myself, enjoy my work, and teach at a university.

What do you like to do outside of the work?

I would say the thing I like most outside of work is running. I never thought I would become a runner, but I started 6 years ago when I began my undergrad and never stopped. Other than running, I enjoy playing with my cats, hiking, camping, and spending time with my family. My fiancé and I also love to watch movies or new series, particularly sci-fi and fantasy.



Meet your Alum

Lindsey Anstine

PhD

Where did you obtain your PhD?

I received my PhD from the Molecular, Cellular and Developmental Biology (MCDB) Program at Ohio State University and Center for Cardiovascular and Pulmonary Research at The Research Institute at Nationwide Children's Hospital in 2016. My thesis work focused on understanding heart valve endothelial cell dynamics throughout development and aging.

What did you work on at Lerner?

I worked as a postdoctoral researcher in Dr. Ruth Keri's lab from 2017 to 2022. My research at LRI was focused on transcriptional regulation of breast cancer aggressiveness. Specifically, I studied the role of the transcriptional corepressor protein, TLE3, and how it functions to maintain cell lineage identity and suppress breast cancer metastasis.

What successes did you have at Lerner?

I was the recipient of a Cancer Biology T32 grant from CWRU and a Department of Defense Breast Cancer Research Breakthrough Fellowship Award. I was also an author on eight published manuscripts.

What is your current position title, and where are you now?

Currently, I am a Scientific Programs Manager at Susan G. Komen (Komen), the world's leading breast cancer nonprofit organization. Komen is entirely remote, which allowed me to move back to my hometown of Alliance, Ohio. Something I never thought would be possible within a science career!

What does your role in your current position entail and what is your favorite part?

As a Scientific Program Manager at Komen, I work closely with renowned breast cancer researchers and clinicians, patient advocates and other stakeholders to develop and implement Komen-led scientific programs and initiatives. In this role, I lead Komen's Inflammatory Breast Cancer (IBC) initiative, a program aimed at accelerating research and improving care and outcomes for people with IBC. One of my favorite parts of the job is getting to create public-facing IBC resources for both clinicians and patients.

Is there something you miss from your time at Lerner? What prepared you for this position?

The people! Remote work is great, but I miss pulling up a chair at a lab mate's bench and talking about science, life and everything in between. I also miss lab meetings which were the ultimate opportunity to brainstorm and throw around scientific ideas and questions. I love a good scientific debate.

My time at Lerner taught me how to effectively build valuable scientific collaborations, autonomously manage research projects and critically evaluate scientific information.

In one sentence, what advice would you give current Lerner post-docs?

When looking to move into your next career step, don't underestimate your skills, value and knowledge. Your graduate and postdoctoral training equip you with much more than just bench techniques, rather, as a professional learner, you can jump into almost any position and excel.

Meet our LTA member

Daniela Duarte Bateman

MD



What was or is your role within the LTA and how long have you been in undertaking the role?

I am the postdoc co-chair for the Social and Outreach Committee (SOC) of the LTA. I have held this position for the past two years.

What has been the most rewarding aspect of serving on the SOC of the trainee association? Can you share a favorite moment or accomplishment from your time in this role?

Being part of leadership groups has always been a passion of mine, starting from my school years through medical school and continuing into my time at the LRI. What I find most rewarding about serving on the LTA is the ability to enhance both my experiences and those of my colleagues. I enjoy fostering a sense of community by organizing events that bring joy, laughter, and camaraderie. One of my favorite SOC accomplishments was organizing the Replay For Kids workshop. Our team secured a fantastic venue, partnered with an incredible non-profit organization, recruited over 30 colleagues to participate, and provided delicious food from a local vendor. This event was a highlight because it combined community service with team-building and fun, truly embodying the spirit of our committee.



How (and why) do you believe your experience on the SOC has prepared you for future endeavors?

My involvement with the LTA has significantly enhanced my leadership and communication skills. It has broadened my perspective on the challenges faced by colleagues in different fields and expanded my professional network both within and outside Cleveland Clinic. Additionally, it has provided a personally rewarding opportunity to apply my skills in a new context, allowing me to make a positive impact on my community.

Would you recommend other trainees to join the LTA? Why or why not?

Absolutely, I highly encourage other trainees to join the LTA, and I would love to see more members in the SOC. The time commitment is relatively minimal, typically 1-3 hours per month, but the rewards are substantial. Being part of the SOC offers immense satisfaction from the work we do and provides opportunities to connect with like-minded individuals within the LTA and the LRI. It's a great way to grow professionally and personally while contributing to a supportive community.



Accomplishments

Congratulations to Dr. Ta from the Wang Lab in the Department of Translational Hematology and Oncology Research!

The recent article by Dr. Hieu Ta titled “LRIG1 engages ligand VISTA and impairs tumor-specific CD8+ T cell responses” was published in *Science Immunology*.

<https://doi.org/10.1126/sciimmunol.adi7418>



Congratulations to Dr. Coutinho de Oliveira from the Melenhorst Lab in the Center for Immunotherapy & Precision Immunology!

Dr. Beatriz Coutinho de Oliveira received the Catalyst SPARK Award as Principal Investigator for the project titled “Validation of our targeted gene library to improve patient outcomes in CAR-T cell therapies for refractory/relapsed B-cell malignancies.” The goal of this project is to generate a CAR-T cell product containing a genetic modulation that will enhance its function against Chronic Lymphocytic Leukemia and possibly other refractory/relapsed B-cell malignancies.



Congratulations to Dr. Shin from the Kim Lab in the Department of Inflammation and Immunity!

The recent review article by Dr. Yongcheol Shin titled “Bioengineered human gut-on-a-chip for advancing non-clinical pharmaco-toxicology” was published in *Expert Opinion on Drug Metabolism & Toxicology*.

<https://doi.org/10.1080/17425255.2024.2365254>



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

LRITraineeAssoc@ccf.org

Opportunities

GRANT WRITING


- **Working on an F or K award proposal?** The Office of Research Development ([ORD](#)) offers a variety of resources to could be helpful, including:
 - Full grant examples of F31, F23, K99 proposals which were funded: [ORD grant library](#)
 - F and K specific attachment examples: [Grant Sections & Templates](#)
 - On-demand [course](#) for F&K proposals from one of our NIH grant-writing consultants
 - Help with process-specific questions: [Proposal Development Strategies](#)
 - Have more questions? Reach out to Nicole Brey at brey@ccf.org.
- **NIH's Helping to End Addiction Long-term (HEAL) Initiative Funding:** HEAL supports research across the continuum of preclinical, translational, clinical, and implementation science. The following funding opportunities have approaching deadlines. Check the HEAL website for all [open HEAL funding opportunities](#).
 - Advanced Postdoctoral-to-Independent Career Transition Award in PAIN and SUD Research (K99/R00 Independent Clinical Trial Not Allowed): Click [here](#).
 - Advanced Postdoctoral-to-Independent Career Transition Award in PAIN and SUD Research (Independent Basic Experimental Studies with Humans Required): click [here](#).
 - [Advanced Postdoctoral-to-Independent Career Transition Award in PAIN and SUD Research to Promote Diversity \(K99/R00 Independent Basic Experimental Studies with Humans Required\)](#): click [here](#).
 - Advanced Postdoctoral-to-Independent Career Transition Award in PAIN and SUD Research to Promote Diversity (K99/R00 Independent Clinical Trial Not Allowed): click [here](#).

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LRITraineeAssoc@ccf.org

Opportunities

CAREER DEVELOPMENT

- **NPA Announces 2024-2025 IMPACT Fellowship Program:** All current postdocs can apply to become an IMPACT Fellow, and applications are not limited to individuals at NPA member institutions. IMPACT increases access to opportunities for marginalized early-career research trainees to build skills, understand strengths and develop networks. Through a year-long, interactive fellowship that uses a variety of tools, IMPACT empowers participants to strategically build upon existing skills, recognize opportunities, and advance more confidently in their careers. Applications are now being accepted through **Saturday, June 30th, 2024**. [Apply here](#).
- **Coaching and Resources for Entrepreneurial Women (CREW) Program:** Apply by July 14th to be considered for the cohort that begins on August 14th. This innovative, one-year program aims to address an imbalance in the number of women entrepreneurs in biomedical sciences. CREW combines mentoring, professional coaching, and skill building activities to promote an entrepreneurial mindset among women in faculty or senior post-doctoral fellow positions. See [flyer](#), learn more on their [site](#), and apply [here](#).
- **Postdoc Academy: Skills-based hiring** has been on the rise in recent years, and the US leads the way ([HBR 2022](#) and [BCG 2023](#)). This trend means that job seekers need to communicate about their skills better than ever ([HR Forecast Article, 2022](#))! This is the reason why we created [mentoring toolkits on transferable skills](#). In addition to highlighting the literature on the numerous skills PhDs bring to their post-PhD or -postdoc role, we collected wonderful insights and pieces of advice from postdoctoral scholars like Dr Isha Verma. Please watch [her interview](#) during which she shares how she keeps track of the projects she works on and communicates about the skills she hones in her application documents.
- Check out this  [Guide to Educational Opportunities through IBM-CCF](#). The Discovery Accelerator's virtual learning opportunities include self-paced courses and seminars available to all caregivers on MyLearning. To access these resources, go to [MyLearning.ccf.org](#) and type "IBM" into the search bar at the top of the page.

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LRITraineeAssoc@ccf.org

Opportunities

FUNDING

- The following research funding opportunities were curated and sent to us from the Philanthropy Institute. If you have any questions about these opportunities or if you would like help with your proposal, please contact Hilary Colles (Gleske), MPH at GLESKEH@ccf.org.
 - **July 1, 2024:** Paralyzed Veterans of America, multiple awards (note - PVA includes MS in their disease focus area). Research Fellowship Award (\$150,000/1-3 years). Postdoctoral scientists, clinicians and engineers are eligible (to encourage training and specialization in spinal cord research). Special requirement for all grants – involvement of individuals with lived SCI/D experience; must include at least one individual living with SCI/D, MS or ALS in the development, implementation and evaluation of the project

JOB POSTINGS

- **Program Manager II –Research Biosafety:** manages implementation and maintenance of designated programs. Biosafety for our caregivers and the community is especially important. This position will help ensure the laboratories in the LRI are compliant with regulations. Learn more [here](#).

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LRITraineeAssoc@ccf.org

Wellness Resources

The Cleveland Clinic Wellness logo is in the top left corner. The background features a silhouette of a person in a yoga pose against a sunset sky.

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



Executive Board

Co-Presidents: Jia Liu, Hope Zehr

Coordinator: Molly Guthrie

Treasurer: Noah Dubasik

Advisors: Edward Carson, Lavanya Jain, Jason Ross

Career Development and Resources

Co-Chairs: Ujjwal Dahiya

Members: Pooneh Koochaki, Mary Vincent

Advisor: Sumit Bhutada

Mentorship/Advocacy

Co-Chairs: Kavya Vipparthi, Amira Salim, Andras Ponti

Members: Omer Onur

Communications

Co-Chair: Nam Than

Members: William (BJ) Massey, Swapnil Dey, Susan Afolabi, Julia Myers

Social/Outreach

Co-Chairs: Daniela Duarte Bateman, Kristen Kay

Members: Zaida Laventure, Naoko Uno, Mary Jo Talley, Maximilian Strobl, Rachel Hohe, Lavanya Jain

Instagram: ClevelandPetriDish