

Lerner Postdoctoral Association

Happy, Healthy and Productive New Year!

We promise you that we will do our best to provide you with the tools you need to make 2018 a successful one for you. We really look forward to the discussion with Drs. Thomas M. McIntyre and Laura Nagy on how to prepare for a Chalk Talk taking place on January 19th. We have so much more planned for you, so stay tuned!

On behalf of the Mentorship and Advocacy subcommittee, we would like to thank you for taking the time to respond to our mentorship survey. We are diligently working on establishing a one-to-one mentorship program to complement your training, and enrich your postdoctoral experience. More information on this program will be provided as it begins to take shape and launches in the near future.

In this edition, we highlight your accomplishments and for a change we are sharing Dr. Reyes-Rodriguez's thoughts on how to approach your New Year's resolutions.

Meet the Lerner Postdoctoral Association Leadership Council

[LPDA Executive Board and Subcommittees](#)





Join our LinkedIn Group!

The Lerner Postdoctoral Association and Alumni Network is a group of current and former postdoctoral fellows at the Cleveland Clinic Lerner Research Institute. Our goals are to provide opportunities for career development, networking, and highlighting our scientific achievements. We also post reminders about upcoming events, so make sure to turn on notifications. [Request to join today](#) and tell all of your fellow Lerner Postdocs and RAs!

Advertisements and Upcoming Events

Career Development Seminar of the Month

Debunking the Mysteries of Chalk Talk



Thomas M. McIntyre, PhD

Staff, Lerner Research Institute
Dept. of Cellular and Molecular Medicine
Cleveland Clinic



Laura Nagy, PhD

Staff, Lerner Research Institute
Dept. of Pathobiology
Cleveland Clinic

Friday, January 19
NE1-205
2:00pm

Theme: 2018 LPDA New Year's Kickoff

Location: NE1-205

Menu: Pizza, cake and salad

Live Musical Entertainment and Bingo

For trainees

(Grad students, Postdocs, and Research Associates)

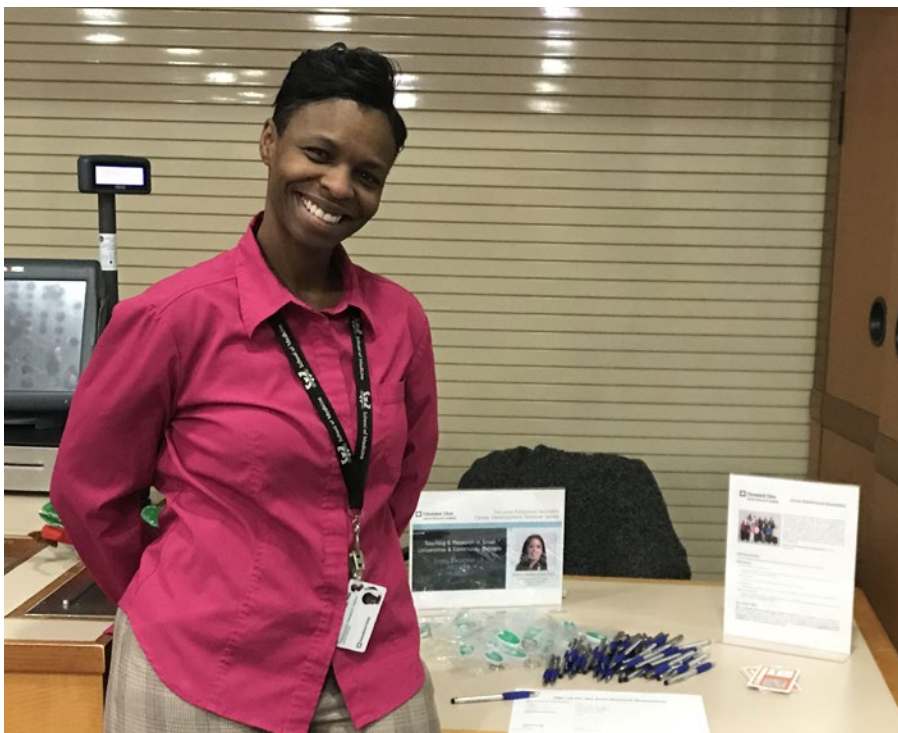


Thursday
January 18, 2018
4:30 pm-7:00 pm

BINGO

Recent Events

Dr. Aimalie Hardaway, a member of the LPDA Leadership Council recruiting new members at the 2017 LArtI Event.



Dr. Melissa Mullen-Davis shared her stimulating experiences, scope and opportunities for teaching and research in small universities and colleges as a visiting Assistant Professor at the College of Wooster.



Recent Accomplishments

Welcome New Members to the LPDA Leadership Council and Subcommittees!

The LPDA reached out to postdocs at the 2017 Annual LArtI event to recruit new members. The Cellular and Molecular Medicine Department gained new representation and several postdocs joined the Social/Outreach, Mentorship/Advocacy, and Communications subcommittees. We look forward to working with all of our new members and we appreciate your contributions to our efforts as we move into the New Year. Welcome to:

- Dr. Defne Watson in Mentoring/Advocacy Subcommittee
- Dr. Salma Ben-Salem in Social/Outreach Subcommittee
- Dr. Benjamin Krishna in Communication Subcommittee
- Dr. Sangeeta Kumari in Social/Outreach Subcommittee
- Dr. Vijay Nagampalli in Social/Outreach Subcommittee
- Dr. Shanshan Zhang in Social/Outreach Subcommittee

Publications

"Regulation of ADAM10 by miR-140-5p and potential relevance for Alzheimer's Disease" published in *Neurobiology of Aging* by Dr. Rumana Akhter from the Bekris lab in Genomic Medicine Institute (GMI)

<https://www.sciencedirect.com/science/article/pii/S0197458017303780>

GET INVOLVED!

Did you publish a paper recently or get a grant or award? We want to highlight your accomplishments in the next newsletter! As part of the LPDA, we thrive to improve this organization to its maximum potential. To do so, we will need participation and input of all postdoctoral fellows and research associates. **If you would like to be involved with our events or have any suggestions, or accomplishment we can highlight please email lri-postdoc-assoc@ccf.org**

New Year, New You?

By Angel L. Reyes-Rodriguez, PhD, Department of Neurosciences

You've made it to 2018, congratulations! Now what?

Although the beginning of the year is an arbitrary day on the calendar, for many of us New Year's Day is a chance to start new. It is a metaphor for a reset button, a new chance to pursue new goals, to reach for our dreams, and to change our lives. Sadly, most of us end up with a laundry list of wishes and unrealistic expectations that one by one are abandoned by mid-January. By the end of January all that is left is you wondering what happened. Where is the brand "New You"?

Look forward to improving, not changing.

I would argue that the problems with our New Year's resolutions start the moment you start thinking about the "New You". Chances are that you are underestimating the awesomeness in you. After all, if you've made it so far, you must be doing something right, right?

Play up your strengths.

There is absolutely no point in re-inventing the wheel in order to improve your life. I love cooking, so when I decided to fully embrace a weight loss strategy, I focused on making my own healthy meals. That helped me immensely as I know I have little self-control when it comes to resisting the bread brought to the table at restaurants, and I know I tend to finish large portions of food, even when I'm full.

Go around your comfort zone.

A believable and achievable resolution can be challenging, but it must be in line with your interests. Figure out what's your comfort zone, step outside of it, but don't go too far out. For instance, I have always enjoyed going out for walks. That's my comfort zone when it comes to physical activity. I knew that joining a sports league would be way too far from my comfort zone. So I looked for activities that had the elements of walks that I enjoyed the most. I started biking and running; and guess what? I have kept running and biking for the last several years.

Build up on your success.

You are good at something. I'm pretty sure of it. Are you good at taking care of plants? Build up a small garden. Do you like running? Train for a race. Find whatever makes you feel happy and accomplished and do more of it.

The point of self-improvement is not to have a product to showcase to others, but to increase your happiness. Decide today that the "New Year" is going to be "Your year" and work on it. You already have what it takes, now it's the time to embrace your potential.