### Alumni Spotlight

In this issue, we feature Lerner alumna Dr. Ashley Holly, fellow Dr. Metis Hasipek, and graduate student Raneem Khedraki. We also introduce LGSA general member Cassandra Gilmour and announce the merger of the Lerner Postdoctoral Association and Lerner Graduate Student Association. If you missed the LEADERS seminar on Self Care, we’ve recapped it here. Don’t miss the next seminar on Sleep Health on February 8th by Dr. Jessica Vensel Runso!

You’ll also find a special monthly feature on Valentine’s Day treats by Dr. Rita Tohme. They’re terrific to share with loved ones and friends!

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- "Though, February is short, it is filled with lots of love and sweet surprises.”
  - Charmaine J. Forde

This year is off to a good start. Many of Cleveland Clinic’s caregivers have received or will soon receive vaccines for COVID-19, and some patients are beginning to receive theirs. This month, take some time to show compassion to those around you. It will help make the cold weather feel much warmer!

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This newsletter is written by members of the LPDA and LGSA Communications Committee. We welcome your questions and suggestions!

Email lri-postdoc-assoc@ccf.org to connect with us.

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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.]
Dear Lerner Colleagues,

We are excited to announce that the Lerner Graduate Student Association and Lerner Postdoctoral Association are uniting to form the “Lerner Trainee Association” (LTA)!

There is much overlap between life as a graduate student and life as a postdoc. Through this merger, we seek to foster networking among trainees at different stages in their careers and join resources to help further our professional development and promote wellbeing and community. Many of the career development events, training and teaching opportunities hosted and encouraged by each individual organization are relevant to all trainees. This combined association will allow our graduate students and postdocs to get to know each other better and provide a platform for peer-peer mentorship. In addition, we feel with power in numbers, we will be more effective in our community outreach efforts, as well as social and networking events.

Members of the LTA’s Leadership Council will be part of one or more committees – the 4 committees are the career development committee, communications committee, social committee, and mentorship committee. Each subcommittee will be headed by 2 co-chairs – one postdoc and one graduate student. This way, we make sure needs and ideas from both communities are represented.

We would love your involvement! It is a great way to build community and a social support network among your fellow trainees at Lerner. LTA also offers additional platforms to connect with peers and mentors about science and career advancement. Leadership positions are available – specifically for the social committee and communications committee!

Sincerely,

Kerry Mitchell, PhD
Postdoctoral Co-Chair

Shilpa Rao
Graduate Student Co-Chair
Meet our Alumni
Interview with Lerner Alumna Ashley Holly, PhD
“Never give up!!” - Dr. Ashley Holly

Where did you obtain your PhD? I received my PhD from the joint program through Cleveland State University and Cleveland Clinic Lerner Research Institute.

When did you work in Lerner and in which lab? What positions did you hold? As a graduate student I worked in Dr. Jun Qin’s lab from August 2011 to May 2016.

What did you work on at Lerner? During my PhD program, I focused on the structural and functional role of cytoplasmic proteins (talin and kindlin) on the inside-out activation mechanism of the αIIbβ3 integrin.

What successes did you have at Lerner? I won the Graduate Student Cleveland Clinic Department of Molecular Cardiology Award for Best Graduate Student Presentation in 2013. I published a paper in Nature Communications as a co-author and contributed to research published in the Journal of Biological Chemistry as an expert in flow cytometry. I also prepared to perform pioneering and breakthrough science in my next scientific position.

What is your current position title and where are you now? I am a research scientist, project manager, and Seerave Foundation fellow at MD Anderson Cancer Center in the Department of Melanoma Medical Oncology. On February 15th, I will excitingly be joining Cleveland Clinic as a research supervisor in the Neurological Institute under Drs. Machado and Baker.

What does your role in your current position entail and what is your favorite part? I am currently investigating controlled dietary interventions (e.g. ketogenic diet and high fiber) for elucidation of the gut/microbiome/immunity axis in cancer (host and tumor metabolism; synergy with targeted and immunotherapies). My favorite part is working with a deeply passionate group who fight tirelessly to end cancer.

What about your time at Lerner do you think prepared you for this position? I got a lot of training at a world-renowned institute that performs rigorous science through a highly collaborative, interdisciplinary approach.

Is there something you particularly miss from your time at Lerner? The culture!

In one sentence, what advice would you give current Lerner trainees? Never give up!!
Meet your Fellow
Metis Hasipek, PhD

“After I finished my PhD, I wanted to work on translational research, especially in oncology. Luckily, I got a job in the Department of Translational Hematology and Oncology Research at Cleveland Clinic.” -Dr. Metis Hasipek

Metis is a postdoctoral fellow in Dr. Babal Jha’s laboratory in the Department of Translational Hematology and Oncology Research (THOR). Originally from Ankara, Turkey, Metis completed her bachelor of science in biology and master’s degree in pediatric molecular pathology and genetics at the University of Ankara in Turkey. She then moved to Pittsburgh where she lived for 12 years prior to moving to Cleveland.

Metis’s master degree research focused on familial Mediterranean fever (FMF). She investigated the FMF gene, referred to as MEVF, its mutations, and its effects on the pathogenesis of amyloidosis in Turkish FMF patients. For her PhD research, she switched gears from genetics to cell and molecular biology, and worked on characterization of *Streptomyces coelicolor* ParH (a genome of *S. coelicolor* called SCO1772) in developmentally associated chromosome segregation.

After finishing her PhD, she wanted to combine her knowledge of genetics and cell and molecular biology to work on translational research, particularly in oncology. She felt fortunate to be hired in the Department of Translational Hematology and Oncology Research (THOR) at Cleveland Clinic as a postdoctoral fellow in Dr. Jha’s laboratory.

In the Jha Lab, Metis has multiple exciting projects that she’s working on. One project is inhibiting protein disulfide isomerase (PDIA1) to exploit dependence of myeloma on the unfolded protein response at a proximal step critical for myeloma persistence. For this project, she has used structure-guided medicinal chemistry to develop a small molecule PDIA1 inhibitor with favorable solubility, selectivity, and potency that has demonstrated preclinical evidence for bone marrow sparing anti-myeloma effects and bioavailability. With this project, she was awarded the American Society of Hematology (ASH) Abstract Achievement Award at the 62nd ASH Annual Meeting and Exposition in 2020, with the abstract titled, “A Novel Therapeutic Strategy for Preferential Elimination of Multiple Myeloma Cells by Targeting Protein Disulfide Isomerase.” She has also submitted a manuscript based on this project.

Outside of the laboratory, Metis enjoys being active outside. She has a Springer Spaniel and loves going on long walks with him on weekends at Rocky River Reservation. She also loves to do a wide variety of sports when time allows, including skiing (on both water and snow), running, swimming, and yoga.
Raneem Khedraki is a PhD student and a member of the Lerner Trainee Association. Raneem was born and raised in Los Angeles and completed her undergraduate degree at California Lutheran University. She is currently pursuing a PhD from Cleveland State University in Dr. William Baldwin’s lab in Lerner’s Department of Inflammation and Immunity. Her thesis focuses on how complement factors such as C1q play a role in antibody-mediated rejection in kidney transplants.

Raneem chose to conduct her graduate research at Cleveland Clinic because she was drawn to the work being done in transplant immunology. She finds Lerner’s atmosphere to be collegial, engaging, and supportive, making it a special place to conduct research.

During her time at Lerner, Raneem has earned second authorship on an article titled, “Early T cell infiltration is modulated by programed cell death-1 protein and its ligand (PD-1/PD-L1) interactions in murine kidney transplants” in the journal *Kidney International*. She has also co-authored a review article titled, “Platelets: Mechanistic and Diagnostic Significance in Transplantation” in *Current Transplantation Reports*.

Outside of the Baldwin Lab, Raneem enjoys singing and drawing. A goal that Raneem has for 2021 is to become proficient in coding because she is interested in data science.

“Lerner has an engaging and supportive environment which keeps me active and motivated.”
- Raneem Khedraki
Meet your Lerner Trainee Association Leaders

Cassandra Gilmour

Cassandra Gilmour is a third-year graduate student in the Molecular Medicine PhD program. She is originally from Gurnee, a northern suburb of Chicago. From there she moved to San Diego and completed an undergraduate degree in biochemistry at California State University San Marcos. Following graduation, she worked as a research associate at Applied Proteomics, Inc., and then at Genmark Diagnostics.

She joined the Molecular Medicine PhD program in 2018 and is currently pursuing her thesis research in Dr. Lily Wang’s lab in the Department of Translational Hematology and Oncology Research. Cassandra’s thesis work is to understand the role of V-domain Ig suppressor of T cell activation (VISTA), an immune checkpoint protein, on T cells in the tumor microenvironment. She believes her work may contribute to the next generation of immune checkpoint inhibitors to restore anti-tumor immunity.

Cassandra chose this PhD program because of the strong emphasis on translational work and access to clinical samples. One of the many benefits of a research institute on a clinical campus is direct communication between research scientists and clinicians which often builds relationships to contribute meaningful data to the scientific and medical communities. Having a clinical mentor as well as a research mentor allows her to see both sides of the coin and ultimately helps to identify and fill gaps in the current practices for immunotherapy.

Since coming to Lerner, Cassandra has been an active student in the lab. She presented at two international conferences, submitted an F31 fellowship application, and is a general member of the Lerner Trainee Association (LTA). One of her goals for LTA is to streamline communication between trainees and Lerner administration.

Outside of lab, Cassandra enjoys outdoor adventures, cooking, gardening, and spending time with her pup Gracie and her niece-pup Elsie.

“I am grateful to the Molecular Medicine Program for providing a foundation and platform where I can participate in some of the most groundbreaking research in the world.”

- Cassandra Gilmour
Upcoming Events

LEADERS 2021 Seminar Series

Sleep Health

- Provides Lerner trainees with career development tools that will accelerate their professional development.
- Sessions open to all Lerner Research Institute trainees.
- 12 sessions in 2021
- Receive a certificate of completion if 75% of sessions are attended.

Who: Jessica Vensel Rundo, MD, MS  
Staff, Cleveland Clinic Sleep Disorders Center

When: February 8, 2021  
4:00 - 5:00 PM

Where: Zoom
- Meeting ID: 963 9186 6936
- Passcode: leaders
Upcoming Events

Lerner Diversity Council

Book Club

The Lerner Diversity Council invites all Lerner Research Institute and Education Institute caregivers to participate in our Book Club to discuss topics such as race, bias and racial equity. Participants will have 8 weeks to read the book, with virtual group discussions at the halfway point and end of the book. Registration is limited – sign up for the next session now!

Next Virtual Group Discussions:

Part 1: Tuesday, March 16 | 12:00 – 1:00 p.m.
Part 2: Tuesday, April 20 | 12:00 – 1:00 p.m.

Sign up by February 19:
http://survey.clevelandclinic.org/DCBookClub3

**White Fragility**
Robin DiAngelo

*Anger, Fear, Guilt, Denial. Silence. These are the ways in which ordinary white people react when it is pointed out to them that they have done or said something that has - unintentionally - caused racial offence or hurt. After, all, a racist is the worst thing a person can be, right? But these reactions only serve to silence people of colour, who cannot give honest feedback to "liberal" white people lest they provoke a dangerous emotional reaction.*
Did you miss the virtual LEADERS seminar on ‘self-care’ presented by Dr. Nicole Frerichs? Here is the recap!

We were joined this month by our very own Dr. Nicole Frerichs, a primary care and internal medicine physician here at Cleveland Clinic main campus. Dr. Frerichs is a self-care advocate and hosted our January LEADERS seminar to share her best tips for finding balance between your personal and professional life. Check out the recap of Dr. Frerich’s seminar to set yourself up for self-care success in 2021!

Tip #1: Remember your myriad roles! Most of us are quick to equate our career identity to our personal identity. Remember that your career is just one facet of your dynamic self! In addition to being a scientist, you fulfill many other roles; this may take the form of spouse, sibling, friend, daughter, son, parent, runner, hiker, etc. As you start your self-care journey, take some time to identify your roles. Ask yourself, “Who and what is important to me? How do I take care of myself so that I can best fulfill these roles? What is it that I enjoy doing?” Identifying your own guiding roles will help to personalize your self-care practice.

Defining your roles will help tailor your self-care plan for success!

Tip #2: Remember what self-care is all about. Our health is not just our physical wellbeing, but also includes our mental, emotional, and social state. We often hear about exercise, sleep, and nutrition practices to tend to our physical health. However, it’s equally important to practice stress management, seek treatment for mental illness, employ mindfulness techniques, and connect with others around us in order to treat all facets of our overall health.

Your health is a product of your physical, mental, emotional, and social wellbeing.

Tip #3: With all this talk about stress - how can I manage it? Between the pandemic, stalled work productivity, and feelings of isolation from social restrictions, there was a near-unanimous consensus that, yes, we are stressed. Dr. Frerich’s recommends taking a few minutes to identify your major stressors in order to preemptively combat that dreaded sense of being overwhelmed. When you identify your stressors head-on, you can be prepared for their deleterious effects. Talking with others helps many people feel like they aren’t alone. Further, plan accordingly! Do you know in advance if a certain project deadline is going to make next week particularly stressful? Take a few minutes before the week starts to map out your time to beat those feelings. Lastly, remember that you should still foster your physical health with enough sleep, good nutrition, and exercise so your stressor doesn’t wear you down.

Tip #4: Understand and practice mindfulness. Mindfulness is defined as “a mental state achieved by focusing on one’s awareness on the present moment.” The first step toward maintaining this practice is to perform a self-check-in. During this time, you should ask yourself: What are my roles? What are my goals? Taking a few minutes to do so will help you center your time and mental energy. More active mindfulness practices can include meditation and deep breathing exercises, both of which can be found with the free phone app Calm.

Tip #5: Make small changes. Maybe you want to start eating better, implement an exercise routine, or finally carve out enough time for that full night’s rest. No matter what your goal is, start small! It takes time to develop self-care habits and any progress will benefit your health! Make changes at a pace that is obtainable and sustainable for long-term success.

A recording of this seminar and a copy of the slide deck can be found on the Lerner intranet here.
Valentine’s Day Baking Inspiration: Chocolate & Beyond

-Rita Tohmé, PhD

Comfort food may be something we need to help get us through these last few months (hopefully!) of the pandemic. Here are some of my favorite dessert recipes that fit into the Valentine’s Day and comfort food categories that you can enjoy by yourself, or can easily gift to friends and/or your significant other. The main ingredients are the trifecta comfort baking flavors, in my opinion. I call them the 3C’s: chocolate, cinnamon & cardamom.

The Ultimate Chocolate Cake

Instructions:
1. Preheat the oven to 350 degrees F.

2. Grease and line your tin with baking parchment, leaving some of it overhanging to make sure you can easily take your cake out after it is done baking.

3. Place all dry ingredients (except the coffee) in a large bowl and give it a quick whisk with a hand whisk to make sure everything is combined and sifted.

4. In a microwave-proof bowl, melt the butter for about 1 minute. Add in the boiling water and the espresso and mix well with a fork. Once the coffee is dissolved, add the buttermilk and the egg and mix again until everything is combined.

5. Mix wet ingredients to the bowl of dry ingredients and whisk by hand until just combined.

6. Transfer everything into your prepared tin and bake at 350 degrees F. A loaf tin or a deep tin will take between 40-45 minutes. 8 inch cake tins should take between 25-30 minutes.

7. Once your cake is risen and a skewer inserted comes out clean, take it out of the oven and leave it to cool inside the tin for 10 minutes before turning it out onto a cooling rack. Wait until your cake is completely cool before cutting it into layers or spreading any ganache on top.

Ingredients (for one loaf tin or one 8 inches round tin):

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>all-purpose flour</td>
<td>125 g (1 cup)</td>
</tr>
<tr>
<td>sugar</td>
<td>225 g (1 cup)</td>
</tr>
<tr>
<td>high quality cocoa powder</td>
<td>50 g (1/2 cup)</td>
</tr>
<tr>
<td>baking soda</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>buttermilk (or full-fat milk and 1/2 tablespoon of lemon juice)</td>
<td>125 ml (1/2 cup)</td>
</tr>
<tr>
<td>unsalted butter (or vegetable oil)</td>
<td>60 g (1/4 cup)</td>
</tr>
<tr>
<td>egg, room temperature</td>
<td>1</td>
</tr>
<tr>
<td>tablespoon espresso coffee</td>
<td>1</td>
</tr>
<tr>
<td>boiling water</td>
<td>125 ml (1/2 cup)</td>
</tr>
</tbody>
</table>
Valentine’s Baking Inspiration: Chocolate & Beyond

-Rita Tohmé, PhD

Snickerdoodle Cookies

The warmth from the cinnamon and the chewiness from the sugar make these one of the most loved types of cookies. The fact that they take 5 minutes to make before baking them in the oven helps as well!

Ingredients (for 12 large cookies):
- 75g (1/3 cup) softened butter, cubed
- 100g (1/2 cup) granulated sugar
- 125g (1 cup) plain flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 tablespoons runny honey

For the coating:
- 1/2 tablespoon ground cinnamon
- 1/2 tablespoon granulated sugar

Instructions:

1. Preheat your oven to 395 degrees F.

2. In a small bowl, add half a tablespoon of ground cinnamon and granulated sugar, respectively, and mix to combine. Set aside.

3. In a food processor, add all remaining ingredients and pulse for few seconds until all the ingredients are just incorporated and the mix is homogenous.

4. Use a tablespoon or an ice cream scooper to roll out 12 medium size balls. You can also make them smaller by using a teaspoon instead. Make sure you bake them for a shorter amount of time.

5. Roll the balls in the cinnamon sugar mix and place no more than 6 large balls on a tray lined with baking parchment.

6. Bake at 395 degrees F for 10-12 minutes until the edges start browning and the top has cracked. Remove them from the oven and let them rest on the baking tray for at least 10-15 minutes until they have completely firmed up. When you remove them from the oven, they will look puffy and undercooked, but they will firm up while resting.

7. If you decide to make smaller cookies, bake them for 6-8 minutes.

Cardamom Knots

Comfort food at its best. These knots are covered with a cardamom syrup that adds another depth of flavors to the soft sweet bread texture. Click the link to see this and more recipes on my personal blog!
Now Hiring

Click [here](#) for postdoctoral positions available at Lerner Research Institute.

**Post-Doctoral Fellow | Case Cardiovascular Research Institute at Case Western Reserve University School of Medicine and the Harrington Heart & Vascular Institute at University Hospitals**

Candidates with research programs in molecular control of immunity, metabolism, circadian rhythm and atherosclerosis with translational relevance to human disease are of particular interest. The candidate will play a leading role in the design, implementation, and analysis of experiments in mouse models to improve our understanding of how epigenetic factors shape immune responses, circadian dysregulation in response to environmental stressors. We are particularly interested in the immune interface of metabolic/circadian alterations and epigenetic control of these pathways. We are developing novel approaches to probe cell-type specific epigenetic changes in complex tissues using techniques including microdissection, fluorescence-activated nuclear sorting, DNA methylation analysis by whole-genome bisulfite sequencing, and transcriptional profiling (e.g., RNA-seq and ChIP-seq, Bisulfite-seq).

The successful candidate will be anticipated to have a strong background in animal models and in-vivo physiology with an emphasis on metabolic characterization. Expertise in FACS/Flow Sorting and single cell isolation approaches and experience with analytical approaches to high-volume genomic, epigenomic, and gene expression data is a strong plus. The successful candidate is expected work independently and take a leading role in data analysis, interpretation, and visualization, and drafting of manuscripts for publication.

Please e-mail curriculum vitae, summary of research accomplishments and outline of future research directions to Sanjay Rajagopalan, Professor Director CVRI, Case Western Reserve School of Medicine ([sxr647@case.edu](mailto:sxr647@case.edu)) and/or Vinesh Vinayachandran, Assistant Professor, CVRI; [vxv154@case.edu](mailto:vxv154@case.edu).

**Senior Research Associate | Broadwing Bio, South San Francisco, CA**

We are seeking exceptional, hands-on researchers to contribute to challenging projects in drug discovery for ocular disease. Our scientists work across boundaries to tackle whatever experiment, assay, or screen is necessary to develop high-impact medicines. Working in a focused team you will tease out disease mechanisms to understand drug MOA leading to assay development and biomarkers. The ideal candidate will have technical strengths in in vivo biology and analysis of tissue markers in disease. Through all of this, you will be a key contributor to our efforts to rapidly design molecules that prevent blindness.

For more information, [click here](#).

**Post-Doctoral Fellow | Saint Jude Children's Research Hospital, Memphis, TN**

The laboratory of Marine Roussel, PhD seeks to add four new postdoctoral research fellows to the lab. The team’s research is largely focused on molecular pathways, mouse models and pre-clinical trials related to pediatric brain tumors. Several exciting project areas include: 1) developing PROTACs to degrade the MYCN protein in pediatric solid tumors, 2) developing novel targeted protein degradation approaches to selectively degrade key oncogenic transcription factors in childhood leukemia and medulloblastoma, 3) exploring epigenetic regulators of pediatric brain tumors, and 4) a pre-clinical trial to test compounds that target the p53 pathway in patient-derived orthotopic xenograft models of atypical/rhabdoid tumors. Applicants with a background in cancer biology, chemical biology or pharmaceutical sciences are welcomed to apply. Expertise in xenograft models and targeted protein degradation approaches is preferred. For more information, please e-mail your CV to [postdoc@stjude.org](mailto:postdoc@stjude.org).
Congratulations to Dr. Sreetama Basu from the Suh Lab in the Department of Neurosciences!

Dr. Basu recently published an article titled, “Role of Hippocampal Neurogenesis in Alcohol Withdrawal Seizures” in *Brain Plasticity*. [Click here.](#)

Congratulations to Dr. Anugraha Gandhirajan from the Vaccharajani Lab in the Department of Inflammation and Immunity!

Dr. Gandhirajan recently published an article titled, “Ethanol Exposure Attenuates Immune Response in Sepsis via Sirtuin 2 Expression” in *Alcoholism: Clinical and Experimental Research*. [Click here.](#)

Congratulations to Dr. Joyce Chelangat Bore from the Baker Lab in the Department of Neurosciences!

Dr. Bore recently won the Best Poster Award at the NYC Neuromodulation 2020 Online Conference. The title of the poster was, “Long-Lasting Effects of Subthalamic Nucleus Coordinated Reset Deep Brain Stimulation in Parkinsonism.”
Congratulations to Dr. Krishnendu Khan from the Fox Lab in the Department of Cardiovascular & Metabolic Sciences!

Dr. Khan recently won the Research Award in the basic sciences category at the virtual Association of Indian Physicians of Northern Ohio (AIPNO) conference. The title of the poster was, “Structure and Assembly of Human Multi-tRNA Synthetase Complex Reveals Novel Mechanism of Disease Association.”

Congratulations to Lucas Osborn from the Brown and Claesen Labs in the Department of Cardiovascular & Metabolic Sciences!

Lucas received the VeloSano Trainee Dream Experiment Award as Principal Investigator for his project titled, “Gut Microbial Metabolite Mediated Suppression of Glioblastoma Progression.” The goal of the project is to understand how gut microbial metabolites can be leveraged to slow the progression of glioblastoma in a gnotobiotic mouse model.
Wellness Resources

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 DV. Email the committee at: dvcommittee@ccf.org

Join in on live virtual Yoga, Mediation, 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

Daily Wellness Tools for YOU Program


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
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 lri-postdoc-assoc@ccf.org to connect with us.

LTA Communications Team
Kelsey Bohn, PhD; Abigail Dooley; Kirsten Evonuk, PhD; Mihyun Hwang, PhD; Shilpa Rao; Morgan Rogers-Carter, PhD; and Rita Tohmé, PhD.

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