April Newsletter

Cleveland Clinic was recently ranked #2 on Newsweek’s Ten Best Hospitals in the World list. Let us celebrate being part of this wonderful team!

This month we have a LEADERS seminar on April 22 by Dr. Geoff Vince, hosted by RETC. Note that April 18 is the last day to sign up for the Group Mentoring Roundtable event arranged by the Mentorship Committee. We feature Lerner alumnus Dr. Zhihong Chen, our fellow postdoc Dr. Tam Nguyen, and our Social Outreach Committee members in this issue.

This month’s newsletter includes a recap of the recent LEADERS seminar and photos from the Northeast Ohio Science and Engineering Fair which was attended by several of our staff, postdocs and graduate students. Please sit back, relax and enjoy our monthly feature! We have also put together resources to deal with stress.

Don’t forget to submit your accomplishments so they can be featured in our newsletter and, as always, stay active on our LinkedIn group.

~ LPDA Communication Team

Join our LinkedIn group

The Lerner Postdoctoral Association and Alumni Network is a group of current and former postdoctoral fellows, research associates and graduate students at 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 trainees!
LPDA Executive Board
Co-Presidents: Defne Bayik and Timothy Mead
Secretary: Nneha Sakre

Subcommittees

Career Development and Resources
Chair: Elizabeth Sweeny
Members: Christina Cajigas-Du Ross, Vishal Nanavaty, Nneha Sakre, Xiaoqin Wu, and Nara Yoon
- Career development seminars
- Professional development workshops
- Teaching opportunities at local schools and universities
- Career/training opportunities in collaboration with RETC and Lerner Graduate Student Association (LGSA)

Mentorship/Advocacy
Chair: Iris Smith
Members: Elise Baron, Defne Bayik, Christina Cajigas-Du Ross, Emily Esakov, Vivek Narayan, and Jie "Jane" Yang
- Research mentorship network in collaboration with LGSA
- Mentorship seminars and workshops
- Mentor graduate students
- Address concerns and complaints to appropriate channels
- Interact with RETC and the Lerner Central Office

Communication
Chair: Chinthasagar Bastian
Members: Suhail Andrabi, Kelsey Bohn, Xiaoguang Fang, Mihyun Hwang, Isha Kapoor, Benjamin Krishna, Ashley Nemes and Maksim Sinyuk
- Advertise postdoc-related events
- Social media (LinkedIn)
- Monthly postdoctoral fellow newsletter

Social/Outreach
Chair: Aimalie Hardaway
Members: Tim Mead, Vijay Nagampalli, Vivek Narayan, Nneha Sakre, and Lingjun Zhang
- Social events
- Promote networking opportunities
- Community outreach
In which lab were you a postdoc? How long ago?
I worked in Dr. Bruce Trapp’s lab in the Department of Neurosciences as a postdoctoral fellow from 2009 to 2016.

What did you work on at Lerner?
At the time I arrived, Bruce was starting a new line of research investigating protective effects of microglia, the innate immune cells of the central nervous system (CNS). However, how microglia achieve this neuroprotection was not understood, and how we can harness this intrinsic protective capacity of the innate immune system to treat neurological diseases remains elusive. I was given the lead role on the project of deciphering these underlying mechanisms.

Where are you now, and what do you work on?
I am now an instructor at the Aflac Cancer and Blood Disorders Center at Emory University in beautiful Atlanta. My research primarily centers around the innate immune responses in glioblastoma, one of the deadliest CNS cancers.

How did your time at Lerner prepare you for your current role?
I am extremely grateful for all the training I received at Lerner, which prepared me well for my current job and certainly for my future career scopes as well. I was able to learn several state-of-the-art techniques and had easy access to advanced equipment.

Is there something you particularly miss from your time at Lerner?
My friends! I made so many friends over the years, from peers to PIs to support staff. These are friendships to be cherished for a lifetime.

How was the transition to your current role?
The transition was natural and smooth because of the similarity in work performed at Lerner and what I am working on here at Emory. Support from my current mentor, Dr. Dolores Hambardzumyan, who is also a Lerner alumnus, also helped ensure a successful transition.

What is your favorite part of your current job?
One of the unique challenges for people in a position similar to mine is that we have to juggle between the bench (where junior scientists spend most of their time) and the desk (where established scientists spend most of their time). However, it provides opportunities for us to generate interesting preliminary results with our own hands, based on which we can formulate scientific questions and construct grant proposals. I also enjoy training next-generation scientists. There are very talented graduate and undergraduate students at Emory.

In one sentence, what advice would you give current Lerner postdocs?
Reach out and network with people who you look up to. You will find it very helpful down the road in your career development.
MEET YOUR FELLOW

Dr. Tam Nguyen, who recently published a paper in *Journal of Clinical Investigation Insight*, is from Vietnam, where he earned his BS and MS degrees in biochemistry at the University of Science, part of Vietnam National University in Ho Chi Minh City. He then moved to South Korea to pursue a PhD in immunology from the University of Ulsan. After completing his PhD, he moved to Cleveland to work at Lerner, which he saw as a good place to improve his scientific skills and develop his career. He really enjoys living in Cleveland. He joined Dr. Booki Min’s lab in the Department of Inflammation and Immunity because he was intrigued by the high-impact research on regulatory T cells (Treg) function. Dr. Nguyen uses an allergic asthma mouse model to examine both cellular and molecular mechanisms by which Treg functions can be modulated to treat disease. He likes to spend time with family and friends, watch TV, and connect with friends overseas on Facebook.

“Lerner is a good place to improve my scientific skills and develop my career”

-Dr. Nguyen
MEET OUR SOCIAL OUTREACH COMMITTEE

Dr. Aimalie Hardaway is from Detroit. She earned both her BS and PhD degrees from Wayne State University. Currently, she is studying the effects of fatty acids and diet-induced obesity on steroid metabolism in prostate cancer. Cleveland Clinic has an excellent reputation for its contributions to science as well as patient care. Additionally, her mentor, Dr. Nima Sharifi is a rising star in the prostate cancer field, so she thought this would be a great opportunity for her to grow as a scientist and get exposure to translational studies. When she’s not at work she loves to go back home to Detroit and hang out with family. She sings in a choir here in Cleveland, loves trying new food, and enjoys watching Game of Thrones.

“Cleveland Clinic excels in its contribution to science as well as patient care”
-Dr. Hardaway

Dr. Lingjun Zhang comes from Hebei Province, China. She received her MD degree from Hebei Medical University and her PhD degree from Tianjin Medical University. Her specialty in medicine is ophthalmology. During her PhD training, she joined Dr. Feng Lin’s lab at Lerner for collaborative studies about autoimmune uveitis. She is currently working as a research associate in Dr. Lin’s lab. Her research primarily focuses on the role of complements in inflammatory eye diseases. She is working on the development of novel complement targeting therapies for the treatment of complement-mediated diseases such as paroxysmal nocturnal hemoglobinuria, a life threatening disease due to destruction of red blood cells by the complement system. She chose to work at Cleveland Clinic because it provides a great academic environment and facilitates close collaborations with both scientific and clinical professionals. She enjoys reading, exercising and cooking in her free time. She likes to try new recipes and surprise her husband. She assures us that most of the time he is pleasantly surprised!

“Cleveland Clinic provides a great academic environment”
-Dr. Zhang

Dr. Vivek Narayan is from Thane, Maharashtra, India. He received his PhD in immunology and infectious diseases from Pennsylvania State University. He works with Dr. Donna Driscoll in the Department of Cardiovascular and Metabolic Sciences. He is currently working on identifying novel cis- and trans-regulators of the co-translational insertion of selenocysteine into selenoproteins. He chose to work in the Driscoll lab because of his interest in the research and Dr. Driscoll’s reputation of being a great mentor! Now that he has been at Lerner for two years, he greatly appreciates the work environment. He says “the camaraderie one finds among the researchers here is not easily found at many other premier institutions across the US.” In his free time, he likes reading and playing with his dog and gaming.

“Cleveland Clinic has a great work environment”
-Dr. Narayan
UPCOMING EVENTS

Lerner Experience in Advanced Development of Educational and Research Skills (LEADERS)

Bench to Boardroom To Bedside

- Provides Lerner trainees with career development tools that will accelerate their professional development.
- Sessions open to all postdoctoral fellows and graduate students.
- 20 sessions in 2019
- Receive a certificate of completion if 75% of sessions are attended.

WHO: Geoff Vince, PhD
Chair, Department of Biomedical Engineering, LRI

WHEN: April 22, 2019
3:00 - 4:00 pm
WHERE: NE1-205

Basic Statistical Methods Part 1

- Provides Lerner trainees with career development tools that will accelerate their professional development.
- Sessions open to all postdoctoral fellows and graduate students.
- 20 sessions in 2019
- Receive a certificate of completion if 75% of sessions are attended.

WHO: Amy Nowacki, PhD
Department of Quantitative Health Sciences, LRI

WHEN: May 13, 2019
3:00 - 4:00 pm
WHERE: NE1-205

8th Annual Fitness Center Health Fair

April 17th
Location: Walker Fitness Center

Caregivers are invited to explore the various vendors at the health fair and to venture to the Lerner 5th floor and the Wellness Store to maximize their wellness adventures.
UPCOMING EVENTS

Group Mentoring Roundtable
Get up close and personal with highly successful researchers at Cleveland Clinic to discuss professional development and career insights for Lerner postdoctoral trainees.

Donna Driscoll, PhD
Staff
Cardiovascular and Metabolic Sciences

Abby Bifano, PhD
Research Regulatory and Quality Assurance Manager

Jan Claesen, PhD
Assistant Staff
Cardiovascular and Metabolic Sciences

Christine O’Connor, PhD
Assistant Staff
Genomic Medicine Institute

Laura Nagy, PhD
Staff
Inflammation and Immunity

Attendees will be divided into groups of five and will receive an opportunity to talk to their mentor of choice for 40 minutes. The mentees will then rotate to a new table to interact with a second mentor. Free lunch will be provided to all attendees.

Thursday, April 25th, 2019
NC1-202  12:00 PM - 1:30 PM

*Limited space available* Please click here to RSVP by April 18th, 2019, listing your top 3 choices of mentors. For any questions, please contact: Vivek Narayan, PhD (narayav@ccf.org)
RECENT EVENTS

NEOSEF

NORTHEAST OHIO SCIENCE & ENGINEERING FAIR

The 66th Annual Northeast Ohio Science and Engineering Fair was held at the Woodling Gym at Cleveland State University. Lerner trainees and staff volunteered to serve among over 330 judges and spoke with the students (grades 7-12) about their projects covering a range of topics in STEM. Judges encouraged the students to continue their creativity and interest in science and possible future careers. Over $20,000 in special awards was donated by societies, companies, and organizations including the Lerner Research Institute and its departments.
RECENT EVENTS

Highlights from LEADERS Seminars

-Isha Kapoor, PhD

Did you miss the LEADERS seminar on ‘Professional Communication’ by Shannon Barnes, MS? Here is a recap of the seminar!

Communication is a skill that can be learned, just like any other. All it takes is practice, willingness to learn, self-confidence and someone to lead the way. At the last LEADERS seminar, it was an enlightening experience to learn more about written and oral communication skills, communication styles, social media, and networking by Shannon Barnes, MS, Communications Director at Lerner Research Institute.

Shannon opened the seminar by sharing her journey to science writing after graduating with an MS degree in biology from Youngstown State University. Based on her years of experience, Shannon shared some valuable tips to communicate with finesse and style for a successful career.

She shared the secret of success with the trainees by encouraging them to always know your audience and learn to select the appropriate words, tone, and communication style to effectively convey your voice. She encouraged the trainees to become better listeners, as listening has been one of the most powerful and underused communication tools. She also motivated the trainees to actively participate in varied professional communication or conversational English training courses to improve interpersonal and presentation skills and professional writing techniques. She also encouraged trainees to use Twitter for strengthening their network and also enhancing interpersonal skills. Shannon concluded the session with a captivating message: “Communicate not based on how convenient it is for you, but how it resonates with the receiver”.
A Spring Forward For Cleveland
-Maksim Sinyuk, PhD

While it may not yet completely seem like the season has changed, Wednesday, March 20th was the official date of the Vernal Equinox, meaning that spring has officially sprung in the United States. As Cleveland recovers from another cold winter, the Lerner Postdoctoral Association would like to reach out and talk about some upcoming events in Cleveland to get people out of their homes and enjoy what this vibrant city on the lake has to offer.

If you enjoy science-based parties you will not want to miss out on Yuri’s Night, held annually at the Great Lakes Science Center. On Saturday, April 13th 2019, space lovers in Cleveland will come together and celebrate the life of Yuri Gagarin, the first human to journey into outer space, with a night of live music, science demonstrations, scavenger hunts, and much more, all while enjoying an open bar and snacks from your local restaurants. Come dressed in your best space-themed costumes to help fund the Science Center’s STEM education initiatives, day camp scholarships, and other programs that are meant to encourage the curiosity of the next generation of scientific leaders. Tickets can be purchased from the Great Lake Science Center webpage.

While Cleveland is well-known for the world-famous Rock and Roll Hall of Fame, did you know that it is also host to the largest Indian classical music festivals outside of India? The Cleveland Thyagaraja Festival has been an annual springtime event since 1978 and has now grown into a 12-day festival that includes dance and music competitions and boasts over 10,000 attendees. Festival attendees can also learn about ancient Indian instruments, which, when played together, make incredible music that is seldom, if ever, heard on US radio stations. In addition, dozens of Indian music performers, including vocalists and orchestral groups, will entertain you over the course of the event’s two-week span. This year it is scheduled from Wednesday, April 17th to Sunday, April 28th.

For those of us looking for a fun time for the whole family, head over to the IX Indoor Amusement Park, an annual springtime event that promises a full day of smiles, adventures, and fun for all at a budget-friendly price. The IX Indoor Amusement Park is one of the most beloved annual Cleveland events and comes jam-packed with over twenty acres of rides, games, food, and attractions all under one roof with something fun for your entire family. Hurry though, because it is only here from March 29 to April 22.
Everyone experiences stress at times. Stress can be beneficial by helping people develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. However, the beneficial aspects of stress diminish when it is severe enough to overwhelm a person’s ability to care for self and/or family. Using healthy ways to cope and getting the right care and support can put problems in perspective and help stressful feelings and symptoms subside.

Stress was defined by Hans Selye in 1936 as, “the non-specific response of the body to any demand for change.”

There are two types of stress:

**Eustress, or positive stress**
- Motivates, focuses energy
- Short-term
- Perceived as within our coping abilities
- Feels exciting
- Improves performance

**Distress, or negative stress**
- Causes anxiety or concern
- Can be short- or long-term
- Perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems

### Tips for Managing Stress

1. **Get moving.**
   
   Just about any form of exercise or physical activity can help relieve stress and burn away anger, tension, and frustration. Release those endorphins and distract yourself from focusing on unnecessary stress and anxiety!

2. **Engage socially.**
   
   Social engagement is a quick, efficient way to rein in stress and avoid overreacting to internal or external events that are perceived to be threatening. Communicating with another human being who makes you feel safe and understood is calming to the nervous system and can help put the brakes on stressful situations. Family and friends do not have to be able “fix” the situation, but a good listener can help improve resiliency. It is never too late to build a good support network to reduce your vulnerability to stress.

3. **Avoid unnecessary stress.**
   - Learn how to say “no”. Know your limits and stick to them! Distinguish between “shoulds” and the “musts”.
   - Avoid people who stress you out. If someone consistently stresses you out, limit the time you spend with them, or end the relationship.
   - Take control of your environment. Do what makes sense. If the lines stress you out, shop in the off hours. Turn off the TV if the news makes you anxious.
Tips for Managing Stress (continued):

4. Alter the situation.
   - If you can’t avoid the situation, try to alter it by the way you communicate or behave in your daily life.
   - Be assertive in your communication in an open and respectful way (“I think”, “I feel”, “I would like”).
   - Be willing to compromise. If you ask someone to change a behavior, be willing to do the same.
   - Manage your time better. Plan ahead and don’t overextend yourself.

5. Adapt to the stressor.
   - How you think can have an effect on your ability to manage your stress levels. Regain your sense of control by changing your expectations and attitude to stressful situations.
   - Reframe problems. Traffic jams could be time alone in the car to listen to a book on CD.
   - Look at the big picture. How important will this problem be in a month, a year, 20 years?
   - Adjust your standards. Are you setting yourself up for failure by demanding perfection?

6. Accept the things you cannot change.
   - Don’t try to control the uncontrollable. Many things in life are beyond our control, especially the behavior of other people. Focus on what you can control, such as how you choose to react to the problem.
   - Look for the upside. Look for opportunities for personal growth and learn from mistakes.
   - Learn to forgive. Free yourself from negative energy by forgiving and moving on.

7. Make time for fun and relaxation.
   - Set aside relaxation time. Do something that you enjoy every day.
   - Keep your sense of humor.

8. Adopt a healthy lifestyle.
   - Eat a healthy diet. Reduce caffeine and sugar.
   - Avoid alcohol, cigarettes, and drugs.
   - Get enough sleep.

For additional assistance with managing stress or other life issues, call 216.445.6970.

The Cleveland Clinic Caring for Caregivers Programs help you take care of yourself and maintain your ability to function at your maximum potential at work. The programs offer expert, confidential and free support through the:

- Professional Staff Assistance Program
- Licensed Professionals Health Program
- Employee Assistance Program
- Wellbeing Resource and Referral Service

Wellbeing Resource and Referral Service
The Wellbeing Resource and Referral Service provides you and your family with free, confidential 24/7 assistance online or toll-free over the phone. You have access to a comprehensive collection of resources: family dependent care and legal specialists, articles, tips, provider databases, resources, self-assessments, skill-builders, and more.

★ Visit our site on WorkDay by going to the Today Page, click My Services, then select ONE HR Workday and Portal. Once logged into Workday, click the ONE HR Portal Worklet and visit the Health and Wellbeing section.
★ Use this address to access wellbeing resources from your home computer: http://www.powerflexweb.com/1629/login.html. ID: clevelandclinic Password: caregiver
LOOKING FOR A JOB? NOW HIRING!

Research Biologist- Department of Health and Human Services, Centers for Disease Control and Prevention
Department of Health and Human Services (DHHS), Centers for Disease Control and Prevention (CDC), National Center for Immunization and Respiratory Diseases (NCIRD), Influenza Division (ID), Immunology and Pathogenesis Branch (IPB) invites applications for Research Biologist position at multiple locations. The purpose of this position is to perform national/international scientific research work involving studies of host innate and adaptive immune responses to influenza virus infection/vaccination. Basic qualifications requirements include degree in biological sciences, agriculture, natural resource management, chemistry, or related disciplines appropriate to the position. For more details click here.

Assistant Professor-Molecular Cardiovascular Biology, Cincinnati Children's Hospital Medical Center, Cincinnati, OH
Assistant, Associate or full Professor Faculty positions are available for the Division of Molecular Cardiovascular Biology, within the Heart Institute, in the Department of Pediatrics at Cincinnati Children's Hospital Medical Center. The applicant should have a PhD, MD or MD-PhD. For more details click here.

Open Rank Faculty Position in Autoimmune Disease Research-The Ohio State University
The Division of Rheumatology and Immunology at The Ohio State University College of Medicine seeks a highly motivated scientist who focuses their research on the study of rheumatic autoimmune diseases to expand the current research program. The rank is open and will depend on the candidate’s research accomplishments. The successful applicant must have MD or PhD or MD/PhD or their equivalent. For more details click here.

Postdoctoral Fellows in Hematological Malignancies and Cancer Immunology-Fox Chase Cancer Center, Philadelphia, PA, US
Seeking highly motivated and enthusiastic PhD or MD/PhD scientists to fill in two positions as postdoctoral research fellows in the Sykes lab and the Yang lab. The candidate must have excellent skills in biochemistry and molecular biology, and ideally with experiences in post-translational protein modifications. For more details click here.

Research Assistant Professor-College of Medicine, the Ohio State University
Department of Physiology & Cell Biology seeks applicants for Research Assistant Professor Faculty position to maintain an active research program in cardiovascular disease; develop research proposals; participate in collaborative research programs; publish in scientific literature; instruction of undergraduate, healthcare professional and graduate students; present at professional meetings. Doctoral degree in biological sciences, physiology, or equivalent combination of education and experience is required. For more details click here.

Research Scientist (Systems Biology)- Eli Lilly and Company, Greenfield, Indiana
Looking for a computational systems biologist to join a growing interdisciplinary global informatics team. The primary focus will be application these tools to build robust models of microbial ecosystems to drive disease characterization and target identification and validation for novel nutritional therapeutics development. PhD in relevant life sciences or computational sciences domain is required. For more details click here.
Congratulations to Dr. Iris Smith from the Eng lab in the Genomic Medicine Institute!

Dr. Smith received the Case Comprehensive Cancer Center Trainee Travel Award to attend the annual BioPhysical Society meeting held at the Baltimore Convention Center in Baltimore, MD. Her talk was titled “Conformational Dynamics and Allosteric Regulation Landscape of Germline PTEN Mutations Associated with Autism Compared to Those with Cancer.” The goal of her project is to determine the role of conformational dynamics that influence structural communication and long-range perturbations associated with germline PTEN mutations that lead to ASD or cancer phenotypes.

Congratulations to Dr. Erin Mulkearns-Hubert from the Lathia lab in the Department of Cardiovascular and Metabolic Sciences!

Dr. Mulkearns-Hubert published an original article titled “Development of a Cx46 targeting strategy for cancer stem cells” in Cell Reports (in press). Their group show that glioblastoma cancer stem cells depend on intercellular communication mediated by connexin 46 and they also identified a Cx46 inhibitor, clofazimine, that preferentially inhibits Cx46-mediated communication and targets cancer stem cells to decrease tumor growth.
Seeking talented writers

Interested in writing an article for the LPDA newsletter?

We invite our fellow postdocs and research associates to send us your non-scientific articles of interest to our readers to be featured in our monthly newsletter.

Topics could range from a travel article to a write-up on ‘Things to do in Cleveland’. Be creative! Please include photos (preferably taken by you).

*Please note that all articles and photos are moderated and submission does not guarantee automatic publishing in the newsletter.

Thanks!
The LPDA Communications Team

Please submit your articles to the LPDA at lri-postdoc-assoc@ccf.org.
GET INVOLVED!

Did you publish a paper recently or receive a grant or award? We want to highlight your accomplishments in the next newsletter! As part of the LPDA, we strive to improve this organization to its maximum potential. To do so, we will need the 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 accomplishments we can highlight, please email lri-postdoc-assoc@ccf.org.

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