

Newsletter

The University of Sint Eustatius School of Medicine

Volume 2, Issue 2

Spring/Summer 2011

SGA President Welcome

I commend each of you on deciding to make medicine your life's work. This endeavor will undoubtedly be one of your life's toughest but will bring with it personal growth and a sense of fulfillment that is unmatched. For the MD1 and transfer students, let me tell you a bit about where you are continuing your education.

USESOM is home to a very dedicated and knowledgeable faculty. They are all experts in their respective fields and share a passion for teaching. Not only are they committed to getting the most out of each student, they are willing to go above and beyond, offering help whenever it is needed. As well, USESOM has in place a pool of peer tutors, each assigned to a specific course. Our Basic Science program is very intense and requires a lot of time outside of the classroom dedicated to studying to solidify a student's learning. *Continued next column...*

With that said, a student still must be able to step away from the countless lecture slides and hours of studying and take some time to relax and relieve stress.

Along with our Student Government, campus clubs organize several events throughout each semester thereby giving students an opportunity to have some fun and interact with the local community. Past events have included student barbeques, hikes, snorkeling adventures and community health screening for island residents. I urge each of you to seek out all that this beautiful island has to offer. From amazing peak views to a vivid underwater landscape there is no shortage of a once in a lifetime opportunity.

I hope your time on Sint Eustatius is one of both personal and professional growth and success. I am currently in my third term and am able to answer any questions you have about your education or life on the island. I wish you all success both here on Statia and throughout your professional career.

Best Regards, Jesse Davis, SGA President ◇

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News...

Med Students conduct Community Health Screening...

By *Monika Plonka*

Last semester, medical students were recruited for the Community Health Screen and Lifestyle Survey event, Mar 28, 2011. This event was sponsored by the Family Life Ministry of the SDA Church of Sint Eustatius.

With the direction of Maritza Hassell of the USESOM Student Services Office, and under the supervision of Mr. Granville Hassell RN, of The Queen Beatrix Island Hospital - we performed glucose screening and blood pressure checks for the large turn out.

Results were presented to participants along with information on managing cholesterol, blood pressure, heart disease, diabetes, and obesity. A delicious vegetarian luncheon was provided for all those who participated and volunteered.

We would like to thank Mr. Hassell, Maritza and the Family Life Ministry of the SDA Church for including us in this useful community project. ◇



Maritza Hassell, Ali Yilmaz, Nylor Davies, Errol Busby, Monika Plonka, Randall Cooper, Rita Hassell (Health and Temperance Director), Debbie Brown (Family Life Director).

News...

Hyperbaric Studies Program is accredited...

Inaugural class earns certification...

By: *Nylor Davies*



The first class of the newly accredited Hyperbaric Certification Program successfully completed the course requirements this term and earned a certification in Hyperbaric Studies. This program was created by Dr. Tyler Sexton, and directed by Dr. Gerard Berkel, both Medical Doctor graduates of USESOM.

This certification course will be given once per semester and entails a rigorous week of study and training. We enjoyed the experience and education in the potential uses that hyperbaric treatment can offer medical patients.



Nylor Davies is the first student to graduate from USESOM Basic Sciences with the accredited certification in Hyperbaric Studies. In this picture Nylor works with Naomi Smith at the campus Hyperbaric Facility. ◇

News...

Animal Welfare Foundation accepting volunteer positions...

By Nylor Davies



The Statia Animal Welfare Foundation is in dire need of reliable volunteers to assist in the care of stray, abused and or

abandoned pets. The shelter needs help in all areas of operation...from appointment making, kennel cleaning, dog walking, bathing, and feeding, to maintenance assistance. They also accept donations in monetary form, and in pet supplies such as; food, bowls, blankets, bedding, old t-shirts, etc.



Your time is their most valuable asset and the schedule is completely flexible. You get to work directly with the veterinarian and help the community.



If you are interested in volunteering please contact Tina Smith, 318-4150 or Statiaawf@yahoo.com ♦

Student Spotlight

This term spotlights Nylor Davis, 5th Semester student from Fort Lauderdale, Florida



Nylor graduated from Florida Atlantic University in Boca Raton, Florida, earning a Bachelor's degree in Medical Technology (Laboratory Medicine). Before coming to medical school, and along with raising her family, Nylor worked at Broward General Medical Center in Hematology with PCR (polymerase chain reaction), HIV treatment monitoring specifically and Flow Cytometry (leukemia/lymphoma).

Nylor is a past AMSA Treasurer, Vice President, and SGA Class Representative and was Lab teaching assistant last semester.

Forensic pathology and/or geriatric medicine are the areas Nylor is thinking about specializing in. "I have always wanted to become a medical doctor. Helping others has always been a practice in my life. Opportunity just presented itself at this point in time (for me)...family first."

She volunteers for child tutoring and homework assistance lends her time to the Animal Welfare Foundation, does clerical work for the community pool, visits at the auxiliary home for the elderly, and baby sits.

What Nylor likes most about USESOM is the intimate class size and ideal environment for learning. And what she enjoys most about Statia is the friendliness and stress free mentality of the people. ♦

Student Activities & Clubs...

American Medical Student Association...

Saturday swim lessons....

By: *Jeremy Inman*

Swimming lessons are sponsored by the USESOM chapter of AMSA, and take place every Saturday at 12:00 Noon, at the public pool in the Sports Complex.



Lessons are taught by volunteer students who take time from their busy schedules to give back to the community. Stations along with students and their families are invited to participate, and there is no cost as AMSA pays the pool fees for all involved.



Taught to all ages, and skill levels, from infants accompanied by a parent, to toddlers and children, all the way up to adults who may want to learn how to swim or just improve in an area of interest.

Take a break from your studies, and come on out. Contact Jeremy Inman at 318-1018. ◇

Christian Medical Association...

New chapter at USESOM...

By: *TJ Shaw - President*

American Medical Student Association-Global Health Chair/Clinical Coordinator



The Christian Medical Association was founded in 1931 by Christian medical students as a vehicle for fellowship, bible study and prayer with other professional healthcare students. Today, CMA serves over 14,000 members and sponsors student chapters at two-thirds of the U.S. medical school campuses.

Our local CMA chapter at the University of Sint Eustatius has a three-fold mission. Our first goal is to provide a community of fellow believers for Christian medical students, helping to advance their academic development. Our second goal is to foster spiritual growth in all areas of life, emphasizing the integration of faith, compassion and humanism into medicine. Our third goal is to reach out to the Sint Eustatius community through service projects which include working with the Mega D Youth Foundation, mentoring at local schools and volunteering at the Auxiliary Home.

Visit our webpage: www.usesom-cmda.weebly.com



Student Government Association...

The SGA Beach Bash and Bar B Que of summer term was held July 15 at Dive Statia Beach. A great time was had by all ages!



S.O.S. Med Students come with families too...

Spouses of Students Group provides social support to help make your experience here a positive one. Welcome to all student and faculty spouses/partners! Get in touch with Marianna Musengo-Keller at mmusengo@gmail.com ♦



Student gets a boost...

Running for fun and energy...

By Monika Plonka

Constant studying, exam anxiety and fluctuating stress can take a significant toll on our bodies and on our mental health. Running is one excellent way to revitalize your body, sharpen your mind, gain extra energy, feel great about yourself and consequently, enhance your outlook on life itself. Don't overdo it the first few times, or you'll find yourself tired rather than energized.



Start with just a light stretch and head out on a path with few cars after 5pm when the temperature is cooler. I keep my chippie phone (equipped with a flashlight) inside my arm band purse. Start with a slow jog or even a fast walk. It may take a week to increase your speed slightly. On a bad day, my jog is hardly a bounce but I make it through my path and feel all the better.

Do not surpass 20-40 minutes. If you overdo it, you will be tired rather than energized afterwards. The only changes you make will be your speed and difficulty of your path, not the amount of time you are running. Do what you find is comfortable and what makes you happy.

Want to make it productive? Listen to Goljan tapes while you run! I keep my running schedule to every other day, allowing my muscles to repair. Running with a friend can also keep you on 'track'. ♦

Statia Island Brief...

Exploring Statia...

By Nylor Davies



Discover the rich cultural history at The St. Eustatius Historical Foundation Museum. It is packed with information dating back to the development and role this island played under the different flags of 17th century European rule. The Museum is located in the 18th century house of Simon Doncker, close to the Government Guest House in the center of historical "Upper Town" and open Mon. through Fri. 9 to 5. ♦

Hazel's Vegetable Garden...

Fresh vegetables, grown on Statia...

Hazel's Vegetable Garden, located in Golden Rock, is open Monday to Saturday from 8am to 6:30pm.

Mr. Mevrille Hazel can tell you about each item, as well as how to prepare them to eat. This summer tomatoes and cucumbers available daily, and more both from Statia and local islands, such as; bananas, plantains, pumpkins, eggplant, dasheen, tania, onions Caribbean green beans, papaya, sweet corn, etc.! ♦



CALENDAR OF EVENTS

MAY

AMSA SWIM LESSONS

SATURDAY: MAY 14, 21, 28
CHILDREN 12:00 NOON, ADULTS 1PM

COMMUNITY HEALTH SCREENING

SATURDAY: MAY 28

JUNE

AMSA SWIM LESSONS

SATURDAY: JUNE 4, 11, 18, 25
CHILDREN 12:00 NOON, ADULTS 1PM

JULY

AMSA SWIM LESSONS

SATURDAY: JULY 2, 9, 16, 23, 30
CHILDREN 12:00, ADULTS 1PM

AMSA BAKE SALE

MONDAY: JULY 4

DOCTORS IN TRAINING

WEDNESDAY: JULY 13

SGA BEACH BAR-B-QUE

SATURDAY: JULY 15, 4:00PM

CHRISTIAN CLUB AT THE MIC - TALENT NIGHT

FRIDAY: JULY 16, 6:30PM

CHRISTIAN CLUB POT LUCK

SUNDAY: JULY 17

MUSLIM STUDENT ASSOCIATION POT LUCK

SATURDAY: JULY 23

STATIA SUMMER FESTIVAL

JULY 21 TO AUGUST 1

AUGUST

BASIC SCIENCES AWARDS CEREMONY

THURSDAY: AUGUST 11, 6:30PM

Note from the Editor...

I would like to give a special thanks to Nylor Davies and Monika Plonka who will be leaving Statia, and entering their third year as medical students next term. Monika has encouraged many contributions these last couple of issues, and Nylor, whose articles have filled this issue. Thank you for providing our readers with a glimpse into the colorful and interesting opportunities that become...our 'Life on Statia'.

Marianna Musengo - mmusengo@gmail.com

Submission Guidelines on bulletin board in Classroom Building