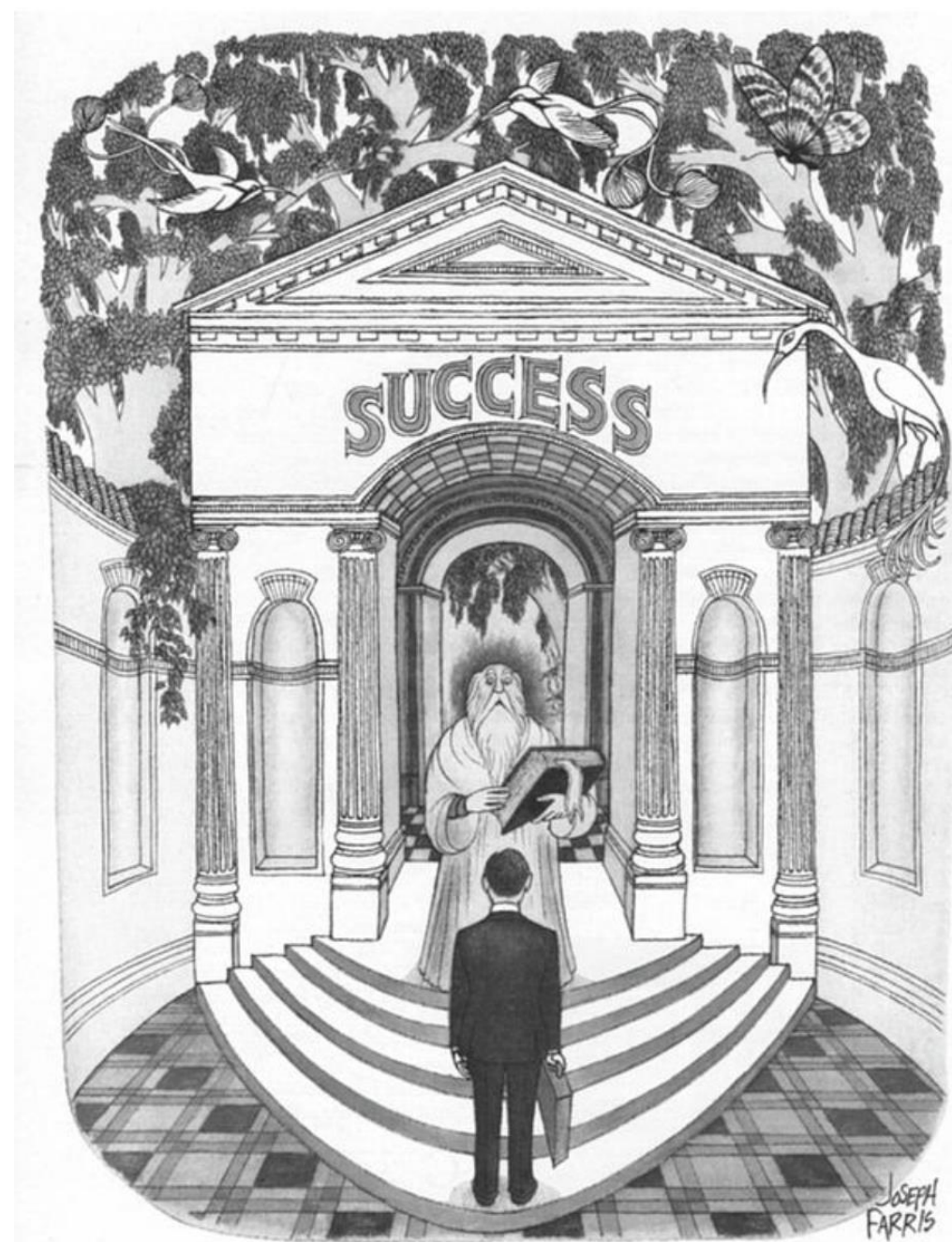


TUVAA Bi-Annual Meeting

Wednesday, April 27, 2022 at 7:00pm ET

Tonight's agenda

- Dean's updates
 - TUVAA updates
 - Alumni Office updates
 - Committee chair updates
 - TUVAA Alumni and Faculty Awards
 - Open floor
-
- Contact me!
 - Emily Dae Andersen, V17
 - vetalumni@tufts.edu



"You realize, of course, it's not what you are that counts. It's who you know. Who do you know?"

Cummings School Updates

Dean Alastair Cribb, DVM, PhD

TUVAA Updates

Spanish Club – alumni participation encouraged

- Sign up for [Listserv](https://bit.ly/3tNrFJC): bit.ly/3tNrFJC
- Access [past documents](https://bit.ly/3tOuxWN): bit.ly/3tOuxWN

Campus Sustainability - recycle@tufts.edu

- Composting
 - Elm's Café
 - Home compost
- Specialty recycling
 - Throughout hospitals; sustainability center at library for students
- Future initiatives: Community garden, nitrile glove recycling, reusable to-go containers on campus
- <https://sustainability.tufts.edu/grafon-green-team/>

International Program

- Student international travel now open
- Mentors and scholarship funding needed

Alumni Office Updates

White Coat Sponsorship effort

- White Coat Sponsorship – big success!
- **64 alums** stepped forward to ensure all 101 third-year students received a note (or two!) in their white coat pockets.
- Together you helped **raise \$8,300**, with gifts ranging from \$50 - \$2,500.

A HUGE thank you to everyone who participated!!



Recent article about the Ceremony:

news.vet.tufts.edu/2022/03/white-coated-and-ready-for-rotations

Alumni Office Updates

Reunion 2022!

Saturday, May 14 at 12:00pm- 6:30pm ET

Grafton Campus

(Awards and CE will be livestreamed)

\$25 to attend

Reunion now: alumni.vet.tufts.edu/reunion

REUNION SCHEDULE

12:00 PM	CHECK-IN AND LUNCHEON
1:45 PM	TUVAA AWARDS CEREMONY
2:15 PM- 3:15 PM	CONTINUING EDUCATION SESSION 1 (RACE approved) The Psychiatrist General Practitioner Is In: Bringing Behavioral Medicine to Primary Care <i>Stephanie Borns-Weil, DVM, DACVB, V07</i>
3:30 PM- 4:30 PM	CONTINUING EDUCATION SESSION 2 (RACE approved) High-Quality Care on a Budget - Pearls from the Tufts at Tech Community Medicine Clinic <i>Jennifer L. Grady, DVM, DABVP (Canine/Feline), V12</i>
4:45 PM	CAMPUS TOURS
5:30 PM	COCKTAIL RECEPTION

Alumni Office Updates

Recent Events

Alumni Reception at AAEP

Third-Year Alumni Panel

- Emily Andersen, V17
- Rebecca Bishop, V17
- Jason Doll, V20, MPH20
- Hilary Jones, V14
- India Napier, V20
- Megan Salgueiro, V21

Continuing Education: Narrative Medicine in the Veterinary Field with Karen Fine V92

Alumni Panel Discussion: One Health in the Veterinary Field and Beyond

- Christine Jost, V96, F03
- Hugh Mainzer, V90
- David Needle, A03, V11
- Cheryl Rosa, V97
- Deborah Thomson, V12
- Chelsea Van Thof, V19

Alumni Connections Group for Mental Health and Wellness

Alumni Reminders

Visit alumni.vet.tufts.edu/go for event info.

Register for the Alumni Directory!

<https://alumniandfriends.tufts.edu/join-our-community>

- Stay in touch with classmates and friends – access to email addresses
- Network and connect with alumni across Tufts schools
- Access to library resources and databases

Student Mentorship Committee

Chair: None*

30 Minute Mentor

- Self sustaining program
- Moving list of mentors from Excel spreadsheet to Canvas (student online class portal) for facilitation of access
- Volunteer incentive:
 - Alumni participating will obtain Canvas access (includes Cummings School and other Tufts schools' coursework)

7th Annual Student and Alumni Networking Night

- Wednesday, April 27, 6:30-8:30pm
- At Civic Kitchen & Drink in Westborough MA
- Registration is live

Call for new committee chair

Career Development Committee

Chair: Gillian Kruskall, V14

- **Ongoing:**

- Support for students and alumni

- **Recent:**

- Update: Received >200 job opportunities in the last 6 months!
 - Tufts Box/Website availability (March 2022)
- New online resources for alumni on website (March 2022):
 - Tips on CVs, Cover Letters, and Interviews
- Pre-clinical week program **before** clinics started (March 2022)
 - Presentations on CV's, Cover letters and Interviews
 - Implemented partnership with Dr. Valerie Ragan (Beyond Private Practice)
- MVMA/VBMA Career Fair (March 2022)

- **Upcoming:**

- In Person - Mock Interviews (Anticipated September 2022)
 - Volunteers?
- Contract Negotiation talk (Fall 2022)



Email Gillian.Kruskall@tufts.edu or vetalumni@tufts.edu for more info.

Career Development Committee

Career Services

- **Ways to get Involved:**
 - Volunteer to be a Mock Interviewer (September 2022)
 - Volunteer to provide Mock interviews (Ongoing)
 - Experienced in negotiation? (TBD 2022)
 - Volunteer to chat with students about navigating this process
 - Volunteer to be a contact for your specialty (Ongoing)
 - Participate in future Career Chats/Similar programs
 - Share your CV/Resume and/or Cover Letters (Ongoing)
 - For students to peruse and use as examples



Email Gillian.Kruskall@tufts.edu or vetalumni@tufts.edu for more info.

Community Service Committee

Opportunities to volunteer

➤ Worcester Housing Authority

- Wellness and Vaccine Clinics on Tuesday 1:30-4:30
- Oversee first and second-year students in clinics
- Contact Emily McCobb, V00: emily.mccobb@tufts.edu

➤ **Any Interest?** – One-day weekend vaccine clinic with students in Grafton and Boylston. No dates yet.

➤ **One Health Lessons for Girl Scouts on April 30** – Deborah Thomson, V12: onehealthlessons@gmail.com

➤ Merrimack River Feline Rescue Society

- Assist with spay/neuter for their TNR Program Trap, Neuter, Return)
- Upcoming clinics: April 10, May 22, June 12, July 17, August 14, Sept 18, Oct 16, Nov 13
- Contact volunteer coordinator Peggy McQuillan: sundayclinic@mrfrs.org

➤ MSPCA Spring Vaccination Clinics

- In collaboration with Boston Animal Control, held indoors on Saturdays from 10am-2pm:
 - April 16 (Charleston), April 30 (Jamaica Plain), May 14 (South Boston), June 4 (Roxbury)
- Two upcoming outdoor clinics from 9am-2pm:
 - April 27 at the Mildred Hailey Apartments by Jackson Square (Jamaica Plain)
 - May 4 at the Archdale Apartments (Roslindale)
- Contact community outreach manager Alyssa Krieger: akrieger@mspca.org

Check alumni.vet.tufts.edu/help for other volunteer opps, or contact Community Service Committee Chair Sarina Selleck, V17: sarina.selleck@gmail.com.

Wellness Committee

Chair: Chelsea Van Thof, V19

Recent Events

Alumni Connections Groups

- One-hour mental health workshop
- Led by Eric Richman, LICSW and Cally Ritter, LICSW
- March 2022 Focus: Managing difficult or distressing situations in the workplace and practicing self-compassion
- October 2021 Focus: establishing and reinforcing boundaries, navigating a toxic work environment

Great success!

Please email vetalumni@tufts.edu for resources discussed and to join the ongoing Wellness Committee alumni support conversation

Wellness Events for Students

- Student Connections meetings biweekly through the end of academic year
- Paddock to Practice Equine Assisted Learning Selective
 - Focuses on wellbeing and development of professional skills using animal assisted interventions
 - Spring & Fall semesters, meets weekly
- March 2022
 - Suicide Prevention presentation by the American Foundation of Suicide Prevention
 - Wake Up: a film about suicide prevention

Upcoming and Ongoing Wellness Events for Alumni

MVMA Wellness Events

- Veterinary Mental Health Initiative (VMHI) events: <https://alumni.vet.tufts.edu/go>
 - Timely Support Group
 - Multicultural Issues in Vet Med
 - Experienced Vets Group (15+ years out)
 - Peer Support Group For All Veterinarians
- Go to <https://www.shanti.org/programs-services/veterinary-mental-health-initiative/> for more information on VMHI

AVMA Wellness Events

- AVMA Professional Quality of Life Assessment: <https://www.avma.org/resources-tools/wellbeing/assess-your-wellbeing>
- Workplace Wellbeing Certificate Program (Free to AVMA members or \$75): <https://bit.ly/3tR9hj8>
- AVMA Convention Event for Wellbeing: <https://www.avma.org/events/avma-convention/convention-wellbeing>
- Additional AVMA Wellness Resources: <https://www.avma.org/resources-tools/wellbeing/self-care-veterinarians>

Future Projects and Alumni Involvement

- A Day for Wellness
- Alumni-Student Sponsorship
- Student Mental Health Survey
- Student Wellness Ambassadors

Your participation and input is needed to bring these ideas to fruition!

- Join the Wellness Committee and help make a difference in our community
 - Contact vetalumni@tufts.edu for more information
- Suggestions for direction of Wellness Committee
 - Best platform for ongoing conversation?
- Website: alumni.vet.tufts.edu/alumni-association/committees/

Wellness: Investing in Yourself

Quick and tested ways to improve your daily wellness (feel the benefits, immediately!)

- Yoga with Adriene (yoga for all levels)
 - Yoga Practice in 10 minutes or less: <https://bit.ly/372f8ce>
- 5-min journaling (typed or handwritten)
 - Getting all your anxieties out onto a page is proven to lessen the impact of physical stressors on your health
- Cognitive Reframing: <https://youtu.be/9-2ToUIQC6A>

Faculty Hall of Fame and Outstanding Alumni Awards

Cast your votes for 2021 and 2022 awardees

Faculty Award Nominees

David Hernke, V08

Clinical Assistant Professor

Dairy Production Medicine, General Surgery

Robert McCarthy, V83

Clinical Associate Professor

Gregory Wolfus, V98

Director of Tufts at Tech

Clinical Associate Professor

Alumni Award Nominees

Noelle LaCroix, V97

Jennifer Lofgren, V07, VG07

Robert McCarthy, V83

Suzan Murray, V91

David Nash, V89

Other Topics? Questions?

Open Forum