

JANUARY 2022

 pre.soma

# NEWSLETTER

*Your Source for Quick, Important Pre-SOMA News*



# PRE-SOMA

PRE - STUDENT OSTEOPATHIC MEDICAL ASSOCIATION

WHERE STUDENTS WHO WANT TO ADD D.O. TO THEIR LAST NAMES GO

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## TABLE OF CONTENTS

### BEGINNING OF THE NEW YEAR!

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### SPIRITUAL WELLNESS MONTH

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### PRE-MEDICAL STUDENT AWARDED SCHOLARSHIP

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### 5 BOOKS TO READ IN 2022



## BEGINNING OF THE NEW YEAR!

Happy New Year! We want to wish you and your loved ones a bright and beautiful new year, while also wishing you all the best of luck on all your personal, academic, and professional endeavors in 2022.

Some things that you can expect from us this new year are continuing in our efforts to provide you all with accessible and relevant opportunities to help you succeed in your osteopathic journey. You can also expect more engagement on Instagram including more takeovers and shoutouts, so be sure to share what's going on in your local chapter to be featured in our Instagram stories!

## UPCOMING - NATIONAL SHADO WEEK 2022

DO students across the country will virtually host meetings for pre-medical students to ask questions, meet admissions officers, get campus tours, and learn more about your favorite DO schools. Event dates to be announced soon!



## SPIRITUAL WELLNESS MONTH



In the month of January, we want to remind you that with every year, we are given a fresh start and a new beginning. We are honoring the new year by encouraging you to embark and progress on a journey of holistic, intrinsic, and spiritual wellness.

We encourage you to make space for yourself at the end of each day, during your morning routine, or even taking small moments of the day to reflect on your achievements, make peace with your goals, and being present in the moment.

## PRE-MEDICAL STUDENT AWARDED SCHOLARSHIP FROM NHL

Nadia Popovich, a pre-medical student, noticed a suspicious mole on the neck of the Vancouver Canucks assistant equipment manager. Nadia quickly grabbed his attention by knocking on the glass of the arena and holding her phone up with a message.

Her swift actions led to the removal of the confirmed cancerous mole before the disease could progress and cause any harm.

The NHL awarded Nadia with \$10,000 to go towards her medical school education!

[Click here to read more here!](#)

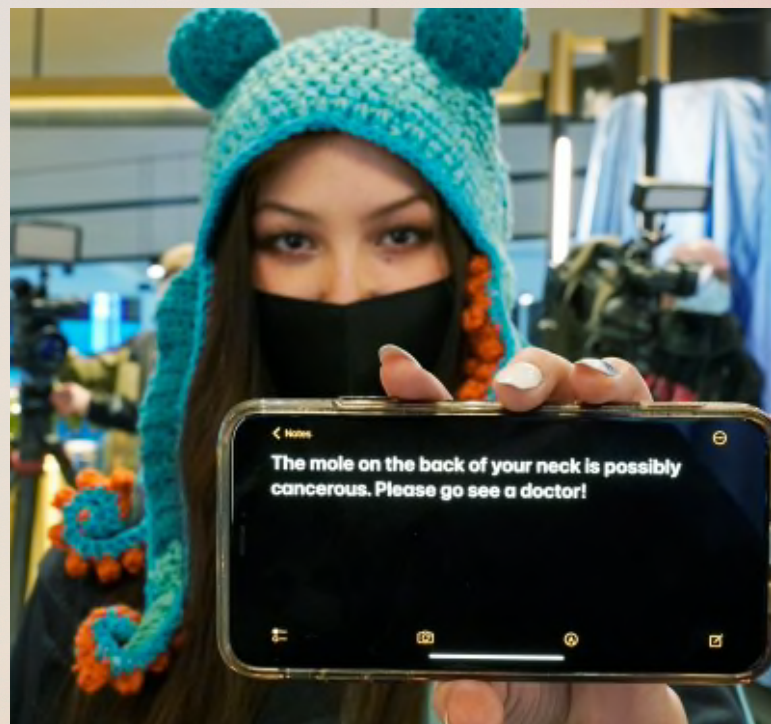


Photo taken from [today.com](https://www.today.com)



## 5 BOOKS TO READ IN 2022

*The DO* has released five well-regarded reads that are applicable to DOs and osteopathic medical students in 2022. According to *The DO*, two of the books listed focus on fictional pandemics, while one explores the health impacts of COVID-19. The rest of the books provide a new perspective on the impact of trauma and a different take on the history of American health care!

[Click here to learn more about the books!](#)

1. *Inflamed: Deep Medicine and the Anatomy of Injustice* by Raj Patel and Rupa Marya
2. *Emotional Inheritance: A Therapist, Her Patients and the Legacy of Trauma* by Galit Atlas
3. *Doctors and Friends* by Kimmerly Martin
4. *Exploring American Healthcare through 50 Historic Treasures* by Tegan Kehoe
5. *Station Eleven* by Emily St. John Mandel

## RESOURCES



### The SOMA Shop

Interested in Pre-SOMA swag?  
Check out the official SOMA shop for  
osteopathic swag that you can rock!

[Click here!](#)



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### Pre-SOMA Mentorship Program

Interested in our Mentorship program?

**Please sign up here:**

<https://studentdo.org/pre-soma/pre-soma-mentorship-program/>



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“Every moment is a fresh beginning.”

—T.S. Eliot