



Zebra Hoofbeats

As future healthcare providers, one of the most important skills that we must possess is humility. We are currently going through a challenging period. As most of us are now sitting at home, I encourage you all to practice self-introspection. It's quite frustrating living in uncertainty and inconveniences right now. Please take this as an opportunity to learn new coping mechanisms and to find creative ways to engage in the community and help others in a time of need.

As of this month, Zebra Hoofbeats has now expanded to the entire School of Medicine. If anyone is interested in contributing to this newsletter or have any suggestions, please do not hesitate to contact us, **Connie Cheng** or **Maria Moncaliano**.

“Clean Hands Save Lives”

Please, please, please wash your hands properly! Here is a link to instructions on how to do so: [Clean hands protect against infection](#) Also, educate, educate, and educate others to do the same!

I hope you haven't forgotten about the fantastic performance by the medical students at the recent Doc Opera. Here is a video on handwashing, “Wash Yo Fingers,” that will add some nostalgia and laughter during these dark times:

[Wash Yo Fingers](#)



Case Med Pride

Case Med Pride (formerly AMSA Gender & Sexuality) is focused on promoting awareness and understanding on the lesbian, gay, bisexual, and transgender queer (LGBTQIA+) and all sexual and gender minority (SGM) communities.

Our goals span across local and medical advocacy, mentorship and professional development, educational, and student affairs (social and wellness).

Case Med Pride 2020 is led by Garrett Weskamp and Lloyd Chen, please reach out at:

casemedpride-leadership@case.edu

COVID-19 Discussion Group - March 27 1PM

We would like to invite all PA and Medical Students to join us on Friday 3/27 at 1pm for a discussion group on COVID-19 and the impacts this has had on various communities. Connie and Maria will be facilitating the discussion.

Students are encouraged to share personal stories and perspectives about how COVID-19 has impacted them, their families, and their communities. Anyone can come and ask questions. Our goal is to learn from each other and share our experiences so that we have a better understanding of how this pandemic has affected a variety of groups and communities.

If you are interested in participating, please fill out this [Sign Up Sheet](#) and feel free to include any questions, comments, or discussion topics you would like to cover:

Zoom Meeting Link:

<https://cwru.zoom.us/j/525020610>



International Women's Day - March 8th

This month we celebrated International Women's Day to celebrate the social, economic, cultural, and political achievements of women.

We continue to uphold the theme every day: an equal world is an enabled world. Every day, celebrate the strong, incredible women in your life that inspire you and shout out their accomplishments. In these challenging times, remember your own strength and help uplift yourself and others to spread positivity and encouragement so you can keep moving forward and accomplishing your goals.

For more information of IWD, check out their website: [International Women's Day 2020](#)



White Day - March 14

We celebrated Valentine's Day last month on Feb 14. Did you know there was an “answer day” to Valentine's Day? In many Asian countries, there is a follow up holiday called White Day, which takes place exactly one month afterwards.

White Day was initially started in Japan in 1978 by the National Confectionery Industry Assoc. On March 14, people give reciprocal gifts to those who gave them gifts on Valentine's Day.



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World Down Syndrome Day - March 21

World Down Syndrome Day is a global awareness day which has been officially observed by the United Nations since 2012. Can you guess why they picked March 21st?

The goal is to raise awareness of the challenges faced by people affected by DS and advocate for increased opportunities and support. This year's theme is "We Decide." As future providers, we have learned about the importance of shared decision making. This core value should extend to people with DS so they can participate in decisions affecting their health and lives.

For more information, visit their website:

[World Down Syndrome Day](#)



Want to help out with the COVID-19 response?

Folding@Home

This software has been tailored to harness users' computer power to support "the development of a therapeutic antibody that could help to prevent the virus from infecting lung cells." Details can be found in this informational article describing the goal of the project:

[Folding@home Turns Its Massive Crowdsourced Computer Network Against COVID-19](#)

Link to download: [Start folding](#)

Supporting Cleveland Health Care Workers During COVID-19

Students are being matched with providers at UH, CCF, Metro, and the VA to provide services such as groceries, babysitting, errands, etc. during this busy time. If you are interested please fill out this [volunteer form](#) or contact Mitchell Thom at mlt89@case.edu for more information.

This is an entirely student-run effort and there is no obligation to help or credit to be received from it. Please note that this is a volunteering opportunity and you will not be paid.



Need resources for health and counseling?

Our University Health and Counseling Services are still up and running. They are operating under normal business hours. Please take a look at their site for more information: [University Health and Counseling](#)

Jack, Joseph, Morton Mandel Wellness & Preventive Care Pathway Remote Resources

The Wellness Pathway is making lecture recordings, resources, and advice available on their website to all students. See the link below for tips on how to manage stress and anxiety during COVID-19.

Link: [Wellness Pathway](#)

Free Virtual Workout resources:

[Down Dog App](#)
[Planet Fitness Youtube](#)
[Planet Fitness Facebook](#)
[OrangeTheory Fitness](#)
[NikeTrainingClub](#)

Contact Us

Your Diversity Affairs Reps

Connie Cheng (PA)

cxc956@case.edu

Maria Moncaliano (Medicine)

mcm225@case.edu