

# CANISIUS PA PROGRAM



The Monthly Newsletter of the Physician Assistant Program at Canisius College

## FEBRUARY NEWS

Message From the Program Director  
Dr. Aimee Larson, DMSc, PA-C



Our inaugural semester for the program officially kicked off on January 25th, and we are so pleased with the energy, dedication, and focus of our scholars. Some highlights of the first few weeks include a handful of successful simulation events, some outstanding presentations by guest speakers, and the establishment of our program food pantry. Addressing health disparities through social justice initiatives is central to our program mission, and what better place to start than with addressing food insecurity at "home". Students have been invited to take from and give to our pantry based on their means while exploring the possibilities of serving our college community and eventually the local neighborhood. Food insecurity remains prevalent in the Western New York region, and we hope to be leaders in solving this social barrier to health. You can expect great things from this group of students!

## PROGRAM ANNOUNCEMENTS

- 1 Updates
- 2 Campus Spotlight
- 3 City Spotlight
- 4 Meet your Faculty



An official welcome to the inaugural class of the Department of Physician Assistant Studies at Canisius College



Having Brianna Banks over to officially photograph the students in action was a highlight!



## CAMPUS HIGHLIGHT

### Canisius Bookstore

If you're anything like me, after you've found the answer to the question of where to get your food, you'll want to know where you can purchase apparel emblazoned with the logo of your new alma mater. Enter the [Canisius College bookstore](#). Located on the ground floor of Richard E. Winter Student Center. Luckily, it is located adjacent to the cafeteria, making proximity to snacks optimal. At the bookstore you'll find Canisius College apparel, essential school supplies, and as the name suggests, books. For those who prefer to shop online, the bookstore has a full selection available [online](#).

## BUFFALO HIGHLIGHT

### Botanical Gardens

This month's highlight is a National treasure, opened in 1900, the Buffalo and [Erie County Botanical Gardens](#). The gardens have long been a favorite destination for visits in the winter, especially due to the warm indoor climate set for tropical plants. You'll find a [host of programming](#), like [Gardens After Dark](#), [Fairy festival](#), a [spring flower exhibit](#), and [plant sales](#). For parents looking for activities to keep kids busy and engaged, there are [virtual school programs](#), [fish feeding](#) opportunities, and [family days](#). Remember that brains need time to process information, and changes of scenery offers a cognitive break, passive stimulation of the senses, and the opportunity to disengage that is so important for mental health and well-being. Let this be your literal reminder to stop and smell the flowers.

## Meet Your Faculty

### Prof. Dara Faden

Didactic Coordinator  
Clinical Assistant Professor  
Physician Assistant Studies

#### How did you come to be at Canisius?

I recently moved back to Buffalo after 20 years in San Francisco and Washington D.C. In addition, I just completed up my doctorate in health science with an education concentration. I have been teaching for a few years and knew I wanted to teach at a PA program. I had helped a bit on the advisory committee during the development of the program and felt it would be a great fit for me! The team is amazing and Canisius College has a wonderful reputation. I am very honored to be on faculty.

#### What was your college major?

Psychology with a religion minor.

#### What would you consider the best and worst part of graduate school?

The best part is the amount of information you learn in such a short time, the friends you make, and the responsibility you acquire. The worst part is the potential stress of the compact program.

#### Your advice to incoming students:

Relax, look at the bigger picture when learning concepts, work together to learn and ask for help when you need it.

#### What wellness resources do you utilize and/or recommend?

I really enjoy the calm app, audible, and walking around Hoyt lake (near Canisius College).



The Faculty and Staff of the Physician Assistant Department

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