

CANISIUS PA PROGRAM



The Bi-Weekly Newsletter of the Physician Assistant Program at Canisius College

JANUARY NEWS

Message From the Program Director
Professor Aimee Larson



This week marks the final stretch before our first day of class. It has been a journey of growth, uncertainty, anticipation, and excitement for all of us. We are especially proud of the beautifully diverse group of students of this inaugural cohort from so many different backgrounds and lived experiences. We are about to navigate some uncharted waters with hybrid physician assistant training, but we also embrace this as the possible future for higher education in general. We have met a number of our students in person already as they came through for a quick visit of our space, and we cannot wait to have them all together in our brand new, state-of-the-art classroom next week. As the Reverend Martin Luther King Jr. once said, "Faith is taking the first step even when you don't see the whole staircase". We look forward to taking this leap of faith with all of you and send you our warmest blessings for a successful and exciting year.

PROGRAM ANNOUNCEMENTS

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



The simulation Mannequin awaiting the arrival of students, and a name!



CAMPUS HIGHLIGHT

Economou Dining Hall

This week's campus feature addresses the age-old question: where can I eat? There are several locations for grab-and-go food on campus, including a Tim Hortons outside of the library, and a market in Science Hall serving Starbucks coffee and Bubble Tea. The dining hall is the location open for breakfast, lunch, and dinner and offering seating for meals. Due to COVID-19 restrictions, there are a few important things to note. First, Campus Dining is cashless to reduce the spread of infection. Secondly, dinner reservations are suggested for the dining hall. A Canisius email and student ID number can be used to create an account to secure reservations HERE. To find the menu of the day at the dining hall or any campus locations, check campus dining, or follow them on instagram, twitter or Facebook.

BUFFALO HIGHLIGHT

Delaware Park

One of Buffalo's gems is accessible mere minutes from Campus. Delaware Park, a 350 acre expanse of landscapes, including the rose garden, ivy bridge, and Japanese Garden, and the waterfront Marcy Casino (not the gambling kind, sorry). You'll find your fair share of activities at the park, aside from strolling the walking trail. In the winter, you'll find areas to sled and cross-country ski. In the warmer months you'll find the golf course, soccer pitches, basketball and tennis courts full of leagues and recreational players. There are a variety of water sports available to engage in with the rental of kayaks, or Pink Flamingo paddle boats. Adjacent to Delaware Park itself is the Buffalo History museum, Albright Knox museum, and the Buffalo zoo. We hope you're able to take advantage of this historic Olmstead Park.

Meet Your Faculty

Prof. Andrew Case

Didactic Coordinator
Clinical Assistant Professor
Physician Assistant Studies



How did you come to be at Canisius?

Dr. Aimee Larson

What was your college major?

Undergraduate BA in African American Studies,
Minor in music

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

Personal growth (best) , Financial stress to afford school (worst).

Your advice to incoming students:

Eat healthy, nap when you can, educate your friends and family on what your life will be like during your PA training.

What wellness resources do you utilize and/or recommend?

Break a sweat for 20 minutes/day involving aerobic exercise, stretch, yoga, meditate.



***Delaware Park in the Summer
Hoyt Lake
The Terrace Restaurant***

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