

CANISIUS PA PROGRAM



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

DECEMBER NEWS

Holidaze and *Cura Personalis*

Hello dear readers and welcome to the start of holiday season and the upcoming start of winter. We hope all of those taking courses had a positive end to their semester, and those of you working full time have found some balance and time to rest. We commend all of your resilience and tenacity in continuing your education in a rapidly-evolving environment. As higher education continues to evolve, we promise to keep you abreast of plans for the start of the semester and any location changes associated with lectures and clinical experiences. As conditions fluctuate across the country, state, and city; we recognize that this holiday season will look much different than years past. For many, the winter break involves a trip to visit friends and family, gatherings with our loved ones, and a much-needed time to rest and recharge. Though circumstances may be unfamiliar and anxiety-provoking, we remind you that one of the few things we can control are our own selves.

One of the cornerstones of Ignatian teachings and the Canisius College mission and identity is *Cura Personalis*. This Latin phrase translates to "care for the entire person." *Cura Personalis* embodies all aspects of the Canisius experience, from a wellness room with the same name, a host of wellness events and speaker series, to free and accessible period products available in campus restrooms. We encourage you, especially during trying times, to consider the meaning of this phrase, and ask yourself how this can be incorporated into your own life and well-being. St. Ignastius once wrote to an over-taxed Jesuit: "For the next three months, from now until September, you are to do no preaching, but are to look after your health." In this spirit, we ask you to use this time to focus on your own health and well-being: physically, psychologically, and spiritually. Please remember that feelings of grief, exhaustion, fatigue, burnout, and avoidance are to be expected and don't indicate personal weakness or failure. Also keep in mind that stress and social isolation can lead to not only the deterioration of mental health, but also the exacerbation of pre-existing conditions and substance use and abuse. We offered some resources in [newsletter two](#), and encourage you to take advantage of those and continue seeking out [resources](#) in a proactive way. Please reach out for information on further avenues for services, and communicate with your fellow classmates to give and receive support. Be well and take care of each other.

PROGRAM ANNOUNCEMENTS

- 1 Updates
- 2 Campus Spotlight
- 3 Buffalo Highlight
- 4 Meet your Faculty



The manikens are getting ready for simulation

CAMPUS HIGHLIGHT

Cura Personalis Corner

In the spirit of Cura Personalis, we introduce the [Cura Personalis corner](#). You'll find this duo of relaxing rooms located in the [Andrew Bouwhuis library](#). You can follow library events through The Dome, and also through their very active [Facebook page](#). You'll find events that include yoga, meditation, prayer, and reflection. These rooms also provide a quiet reflection space for all students.

COMMUNITY HIGHLIGHT

Fun 4 Kids Buffalo

Though it's not exactly a physical place, this week we are highlighting [Fun4Kids Buffalo](#). This website includes a daily list of events for kids and families in the area, as well as virtual events and activities. Events and opportunities are regularly updated, and you certainly don't have to have children to take advantage of the [best places to see holiday lights](#) displays and [places to go sledding](#) in Buffalo. A list of places kids eat free is also available and extremely useful! We encourage you to check out the outdoor ideas and virtual happenings to experience socially distanced and mentally stimulating activities.



The Classroom marked and spaced for social distancing

Meet Your Faculty

Dr. Kimberly Bernosky

Medical Sciences Coordinator

Associate Professor of Physician Assistant Studies



How did you come to be at Canisius?

I graduated from my doctoral program in North Carolina in 2011. Turns out you can't just hang around campus when you're done, you need a job. I took a tenure track position at an area college and moved back to Buffalo, declining a previous offer at the University of Chicago. When I saw the listing for a faculty to teach Pharmacotherapeutics in the new PA program at Canisius, I knew I had to apply - so here I am!

What was your college major?

I was a Psychology major in undergrad, I was always very interested in the brain and behavior. I watched a great-aunt experience rapid-onset Alzheimer's dementia and was amazed at the change in not just memory, but demeanor and personality. I needed to know more.

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

Best? The beautiful campus and environment at Wake Forest School of Medicine (I was so fortunate to spend five years there), and the close friendships I forged. Worst? The hours. I was always studying or working in the lab. A professor told me to enjoy it because once I got a real job I'd look back on those times fondly. Sadly, he was right!

Your advice to incoming students:

Be realistic about what you can and cannot accomplish and what you can sustain. I schedule *everything* by the hour, and chunk my time into block scheduling. I treat study/writing time in the same way I treat a workout or lunch away from my desk when I pencil it in.

What wellness resources do you utilize and/or recommend?

I take my mental health seriously, having experienced burnout as a recovering [workaholic](#). I use [Shine](#) for a morning meditation and mood tracker, and [Insight Timer](#) for relaxation. I do online classes with my PT/yoga instructor [Kathleen](#) at [LoveInMotion](#) and a mind/body workout called [The Class](#). Weekly therapy is also key.

CONNECT WITH US:



[LINKEDIN](#)



[INSTAGRAM - @CANISIUSPASTUDIES](#)



[THE DOME](#)



[PROGRAM WEBSITE](#)