

Welcome back to campus! Our VITALS email will be sent out to you **bi-weekly on Wednesdays**. Please take a moment to read and stay informed on opportunities and happenings, this is how information will be communicated.

Heather Banks & Heidi Selzler-Bahr

Podcast: Season Two, Episode #18: [Medical Resident, Carston Dammann, 2017](#)

Dr. Carston Dammann, Gustavus graduate Class of 2017 is currently completing his residency in internal medicine in Denver, Colorado. Dr. Dammann attended Medical School at Creighton University and shared with us what the four years of medical school entails. If you are interested in medicine or anything in the health field you will enjoy this episode.

Volunteer Opportunities:

Pre-PT and Pre-OT students we will once again be working with River's Edge Hospital and Clinic to shadow/volunteer in the Parkinson's Exercise class. This opportunity is on Mondays and Wednesdays from 10:00-11:00am. If you are interested in this opportunity please email Heidi Selzler-Bahr, hselzlerbahr@gustavus.edu by Monday, Sept. 20th.

***NEW* Ecumen Hospice Volunteer (St. Peter and Mankato area):** As a companion volunteer, you'll visit hospice patients in your community. Provide social interaction. Give caregivers a break. Share musical talents. Read. Work on legacy projects. Offer a comforting presence. Honor a life. Make an impact. **Four hours per month** commitment. Learn more: HospiceVolunteer@ecumen.org
Program contact: Brieyanna Krug, Volunteer Specialist Hospice, brieyannakrug@ecumen.org

Shadowing Opportunities:

Once again, COVID is impacting in person shadowing opportunities. We are in the process of working to confirm January Interim Career Exploration sites and will have more information in our next VITALS email.

Many graduate programs are recognizing Virtual Shadowing opportunities, as they understand that is what is available during a pandemic. We encourage you to

participate and keep track on your virtual shadowing hours and reflections in a journal.
A few sites to check out:

[Pre-Health Virtual Shadowing](#): Different specialties and topics, weekly uploads.

Virtual shadowing, [Nano course in Emergency Medicine](#):

Watch over the shoulder of one of our physicians, nurse practitioners, or PAs as they go bedside in the ED to assess and diagnose a simulated patient.

[Pre-Health Shadowing in ALL AREAS](#): Get shadowing hours required for a strong application to thousands of Medical, Nursing, Dental, Pharmaceutical, PA, PT, and other health programs.

[Webshadowers](#): Virtual shadowing for MD and PA.

Presentation Opportunity:

Did you do something great this summer (or last school year) to move forward on your career? (Think: internships, jobs, research, etc. does NOT need to for academic credit!)

You are invited and encouraged to present at [Career Expo!](#) To participate create PowerPoint slides (3-minute presentation) or a poster and present to others about your experience. And, if you present, you could win some cash prizes (10 prizes totaling \$1,200). Dates: Wednesday, Sept. 29 & Thursday, Sept. 30 @ 9:30-10:30am. For additional information email Cynthia Favre, cfavre@gustavus.edu.

Gustavus Health Professions Clubs:

Pre-Health Club: The mission of the Pre-Health Club is to provide a network of support and resources for students interested in pursuing careers in medicine (allopathic, osteopathic, physician assistant, and pharmacy). *Email: Addy Oberg, addyoberg@gustavus.edu to join the email alias to find out about upcoming meetings.*

Pre-Dental Club: *FIRST Meeting: September 21st @ 7:00 pm

The mission of the Gustavus Dental Club is to offer students interested in the dentistry field the opportunity to learn more about the field and to make networks and connections with other students having the same interests. Email or text: Emily Kratz

(ekratz@gustavus.edu, 952-221-6874) or Nick Aney (naney@gustavus.edu, 507-513-1619) to join the email alias to find out about upcoming meetings.

HOSA (Future Health Professionals) *NEW CLUB Fall 2021

The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience. Email: kcopple@gustavus.edu to join the email alias to find out about upcoming meetings.

Pre-Physical Therapy/Occupational Therapy Club

The mission of the Pre-Physical Therapy/Pre-Occupational Therapy Club is to provide a network of support and resources for students interested in pursuing careers in physical therapy, occupational therapy or related area. *Email the club president* Kendall Harvey kharvey@gustavus.edu if you are interested in joining.

Pre-Vet Club

The mission of the Pre-Vet Club is to provide a network of support and resources for students interested in pursuing careers in veterinary related area. *Email the club president* Annalise Lundeen-Detisch annalundee4@gustavus.edu if you are interested in joining.