



A special message

FROM THE DEAN

Dear Faculty, Staff, Residents and Students,

The on-going anti-Asian violence occurring in the country is reprehensible. We offer our thoughts and prayers to the victims' families. For students, faculty, and staff of Asian and Pacific Islander identities, SOM stands in solidarity with you. We are paying attention to national events, we care, we listen, and we remain diligent to keep our community safe.

Please continue to look out for one another and report concerns to the Rowan University Police Dept. at 856-256-4911 (emergency) or 856-256-4922 (non-emergency). If feeling unsafe, any student, employee, or visitor can request a walking escort service with them.

Incidents of discrimination or harassment can be brought to Yvonne Ortiz, Dean Kathryn Lambert, or Dean Micciche to discuss, however, all incidents must be reported on Rowan University's Division of DEI website at [this link](#). The reporting area is designated by a red button at the bottom.

Led by IDEA Council, **a Safe Space Peer-to-Peer Support Session will be held this weekend.**

For people who want to be allies, below are resources to educate yourself and aid in understanding the history of anti-Asian racism, Asian anti-racism, and advocacy.

- [History of Anti-Asian Racism and Asian Anti-Racism](#)
- [The Long History of Racism Against Asians in the U.S.](#)
- [Stop Asian American and Pacific Islander Hate](#)
- [White House Memorandum Condemning and Combating Racism, Xenophobia, and Intolerance Against Asian Americans and Pacific Islanders in the United States](#)
- [Hate Crimes Against Asian Americans Are Nothing New article](#)
- [Asian American Legal Defense and Education Fund](#)

Racial battle fatigue can impact how we care for ourselves and perform. Below are resources to exercise self-care.

- **Employees:** Counseling Assistance Program 609-292-8543
- **Students:** Student Mental Health Services are offered through the Department of Psychiatry at 856-482-9000 or Student Wellness at 856-770-5750
- [Health & Wellness Resources for Student Doctors](#)
- [Seeking Mental Health Services as a Medical Student](#)
- [SOM Wellness Website](#)
- [How to Help Medical Students Keep Tabs on Their Mental Health](#)
- [15 Steps to Navigate Crises and Physician Well-being](#)
- [Asian American/Pacific Islander Communities and Mental Health](#)
- [Therapy for Black Girls](#)
- [Supporting Black Men's Mental Health](#)
- [Therapy for Latinx](#)
- [The Association of LGBTQ+ Psychiatrists](#)
- [The National Center for Transgender Equality](#)
- [Institute for Muslim Mental Health](#)
- [Stress and Trauma Toolkit for Treating Jewish Americans in a Changing Social and Political Environment](#)

Stay safe and remain encouraged.

Thomas A. Cavalieri, DO, MACOI, FACP
Dean, Rowan University School of Osteopathic Medicine

Yvonne Ortiz
Director of Diversity, Equity, and Inclusion



A special message FROM THE DEAN

Dear Faculty, Staff, Residents and Students,

Yesterday's tragic actions at the Capitol in Washington, D.C. was an unthinkable attack against our nation, and the fabric of our democracy. It violates the very values we hold in our country nation and as a profession. Unfortunately, violence has become too common in our society. I am reminded of Dr. Martin Luther King, Jr. as a proponent of non-violence: "Nonviolence is a powerful and just weapon, which cuts without wounding and ennobles the man who wields it. It is a sword that heals."

I remain hopeful of the work ahead to create a more equitable and just nation. Hope from this moment, however, can only be nurtured based upon our own reflection, growth, and courage to act. It is speaking our truths, willingness to make mistakes and learn from it, and courage to act in the spirit of justice that fulfills SOM's on-going commitment to diversity, equity, and inclusion (DEI). I invite you to take advantage of the opportunities for professional learning through SOM's Office of DEI.

As we continue the important work of preparing future physicians and scientists, caring for patients, and fighting a pandemic, remember our students, peers, and colleagues, particularly people from marginalized identities, may not be okay. Colleagues may or may not want to talk. Be willing to listen.

If you are feeling overwhelmed and need someone to talk to, below is the contact information for additional resources:

Student and Employee Counseling Programs:

Employees:

Counseling Assistance Program
609-292-8543

Students:

Student Mental Health Services are offered through the Department of Psychiatry
856-482-9000

The Student Wellness Program
www.rowan.edu/som/education/studentaffairs/wellness.html
856-770-5750

We can make a difference by adhering to our values always aimed at improving the human condition, being a proponent of human life, and living our values.

Best regards,



Thomas A. Cavalieri, DO, MACOI, FACP
Dean, Rowan University School of Osteopathic Medicine

A yellow background featuring a repeating pattern of white medical icons, including stethoscopes, syringes, pills, and hearts.

A special message

FROM THE DEAN

Dear Rowan Faculty, Staff, Residents and Students;

The ongoing, anti-Semitic harassment and violence occurring in the country is reprehensible. We offer our thoughts and prayers to everyone impacted. For students, faculty, residents and staff sharing these identities, SOM stands in solidarity with you. We are mindful of national and global events. We care. We listen and we remain diligent to keep our SOM community safe.

Please continue to look out for one another and report concerns to Campus Safety. Campus Safety can be reached at 856-256-4911 (emergency) or 856-256-4922 (non-emergency). If feeling unsafe, any student, employee, or visitor can request a walking escort service with Campus Safety.

Complaints of discrimination and/or harassment can be brought to Dean Kathryn Lambert, Dean Micciche, or Yvonne Ortiz to discuss. However, all incidents must be reported on Rowan University's Division of DEI website at [this link](#). The reporting area is designated by a red button at the bottom.

Below are a few educational resources.

- [Anti-Semitic attacks are being reported in US cities as tensions flare over the Israeli-Palestinian conflict](#)
- [Anti-Defamation League's Tracker of Anti-Semitic Incidents](#)
- [Anti-Semitism: How the history's oldest hatred still hold sway today](#)
- [A Proclamation on Jewish Heritage Month](#)

Racial and ethnic battle fatigue can impact how we care for ourselves and perform. The following are resources to exercise self-care.

- **Employees:** Counseling Assistance Program 609-292-8543
- **Students:** Student Mental Health Services are offered through the Department of Psychiatry 856-482-9000 or The Student Wellness Program 856-770-5750
- Access services online at [WellConnectForYou.com](#) (School Code: RUSOM) or call 866-640-4777
- [Health & Wellness Resources for Student Doctors](#)
- [Seeking Mental Health Services as a Medical Student](#)
- [SOM Wellness Website](#)
- [How to Help Medical Students Keep Tabs on Their Mental Health](#)
- [15 Steps to Navigate Crises and Physician Well-being](#)
- [Stress and Trauma Toolkit for Treating Jewish Americans in a Changing Social and Political Environment](#)
- [Institute for Muslim Mental Health](#)
- [Stress and Trauma Toolkit for Treating Muslims in a Changing Social and Political Environment](#)
- [Asian American/Pacific Islander Communities and Mental Health](#)
- [Therapy for Black Girls](#)
- [Supporting Black Men's Mental Health](#)
- [Therapy for Latinx](#)
- [The Association of LGBTQ+ Psychiatrists](#)
- [The National Center for Transgender Equality](#)

Stay safe and take good care.

Thomas A. Cavalieri, DO, MACOI, FACP
Dean, Rowan University School of Osteopathic Medicine



A special message FROM THE DEAN

Dear Rowan Faculty, Staff, Residents and Students;

In recent months, the increase in anti-Asian racism, xenophobia, and violence is disgraceful. As a SOM family, we lend our support and care to students, faculty, and staff who share Asian American and Pacific Islander identities. In this moment, I am reminded by the words of the Reverend Dr. Martin Luther King, Jr. to honor our shared humanity by showing compassion and advocacy for everyone from marginalized identities. His words challenge us, "In the end, we will remember not the words of our enemies, but the silence of our friends."

Discrimination, harassment and violence will not be tolerated at SOM. Acts of violence must be reported to Campus Safety. Incidents of discrimination or harassment can be brought to Yvonne Ortiz, Dean Lambert, or Dean Micicche to discuss, however, all incidents must be reported on Rowan's Division of DEI website at this [link](#).

My thanks to STUCO President Anjani Patel and student leaders for sending out a solidarity statement and Safe Space program information yesterday for students. I am aware our Office of Diversity, Equity, and Inclusion also shared information to students on resources, but here is a summary to foster our awareness, allyship, and self-care.

- [History of Anti-Asian Racism and Asian Anti-Racism](#)
- [The Long History of Racism Against Asians in the U.S.](#)
- [Stop Asian American and Pacific Islander Hate](#)
- [White House Memorandum Condemning and Combating Racism, Xenophobia, and Intolerance Against Asian Americans and Pacific Islanders in the United States](#)
- [Hate Crimes Against Asian Americans Are Nothing New article](#)
- [Asian American Legal Defense and Education Fund](#)
- **Employees:** Counseling Assistance Program 609-292-8543
- **Students:** Student Mental Health Services are offered through the Department of Psychiatry 856-482-9000 or The Student Wellness Program 856-770-5750

For those celebrating, I wish you a safe, healthy, happy, and prosperous Lunar New Year.

Thomas A. Cavalieri DO

Thomas A. Cavalieri, DO, MACOI, FACP
Dean



A special message

FROM THE DEAN

Dear Faculty, Staff, Residents and Students,

For the past month, Muslim members of our SOM family have reflected, fasted, built communally, and aided those in need during Ramadan, the holiest period in Islam. Last Thursday, Eid-ul-Fitr marked the end of Ramadan. Eid is a time for celebration and renewed intentions. SOM affirms the faith, commitment, and fortitude of our Muslim family.

Sadly, this is also a turbulent period in our world. Members of our SOM family are impacted by the Israeli-Palestinian fighting and humanitarian crisis with loved ones living in fear, being displaced from their homes, and the numerous deaths of innocent people, many of them children. Our calling as future and current physicians champions the humanity of every individual and the value of human life.

Please be prepared to listen to our impacted SOM family with a humble and open heart. We lift up the ideals of peace, justice, and reconciliation.

Trauma and racial/ethnic battle fatigue can impact how we care for ourselves and perform. Below are resources to exercise self-care.

- **Employees: Counseling Assistance Program 609-292-8543**
- **Students: Student Mental Health Services are offered through the Department of Psychiatry 856-482-9000 or The Student Wellness Program 856-770-5750**
- [Health & Wellness Resources for Student Doctors](#)
- [Seeking Mental Health Services as a Medical Student](#)
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- [Supporting Black Men's Mental Health](#)
- [Therapy for Latinx](#)
- [The Association of LGBTQ+ Psychiatrists](#)
- [The National Center for Transgender Equality](#)

Stay safe and remain encouraged during these difficult times.

Thomas A. Cavalieri, DO, MACOI, FACP
Dean, Rowan University School of Osteopathic Medicine

Dear Classmates,

We hope this email finds you and your loved ones safe and well. The pandemic has affected each and every one of us. In particular, the country of India has been hit with a severe wave and spike in new cases in these recent weeks. For those that may not be aware, India's current 7-day average for NEW cases these past 7 days is over 357,000+. Let us emphasize, this is not total cases being above this number, but daily, NEW cases. Also, the average presented is just the last 7 days, with this rise in cases occurring over several weeks. Social media and news outlets have shown that hospitals are incredibly overwhelmed. Many hospitals have to turn away patients because they do not have enough oxygen for all.

We write this email to share with you this horrible news and to show support for our RowanSOM community, as many of our students are of South Asian ethnicities and may have loved ones in India or other countries that are personally affected by this. We are here for you all. We also write this email to help possibly share some places that you can contribute and try to help.

We completely understand that not everyone may be in the financial position to donate, nor should you feel pressured into donating. However, any contribution you do make, even if it's something small, will still make a positive impact. You can also contribute by sharing this with family/friends/others that may not be aware of what is going on. You can be there for your fellow classmates that are personally being affected by this terrible pandemic, whether they are South Asian or not. Finally, you can continue to try to do something small every day that prepares you to become a better physician and person.

Here are some places you can donate:

- Oxygen For India [GoFundMe](#)

This GoFundMe was put together by Dr.'s Shubha Varma, Jas Katariya, Ruchika Talwar, and Ms. Archana Gollamudi. They are looking to send a minimum of 100 oxygen concentrators to the cities of Delhi, Mumbai, Ahmedabad, Lucknow, Bangalore, and Kolkata. They have raised over \$250k and are hoping to reach \$300k. You can **Venmo directly to @Shubha-varma**. You can see the progress that they are making in real time via this [Instagram](#) account.

- [Mission Oxygen](#)

Ketto, a fund-raising platform in Mumbai which is a hot spot of the country's latest COVID-19 outbreak, is shepherding a campaign by hundreds of entrepreneurs to purchase 3,000 oxygen concentrators. According to their website, they have placed an order for 3900 concentrators already and are a little over halfway to their fundraising goal. The organizers are tweeting live updates [here](#).

- [Milaap - Breathe India](#)

This organization has placed an order for 185 concentrators and is finalizing an order for another 65. They are saying that it will arrive in the city of Delhi in the next couple weeks (early May). They are posting live updates on their [website](#).

- [Sewa International](#)

AAP's national board has partnered with Sewa International to fund 200 oxygen concentrators. Sewa seems to be sending other things such as food and medicines to about 10,000 families and more than 1,000 orphanages and senior citizen centers. For more updates, be sure to check their [Twitter](#).

- Hemkunt Foundation

You can send a **Venmo payment to @Arshya-Chopra** for a donation. Hemkunt is a non-profit organization that is based on Delhi, India, and I saw this post from a friend who I spoke to. Arshya is their friend and also has family friends that runs this organization. They have already started delivering oxygen concentrators. You can see live updates on their [Twitter](#) and learn more about their organization on their [website](#).

- [KhalsaAid](#)

This organization has also been sending supplies and oxygen concentrators to India and share updates on their [Instagram](#). They just posted about sending 200 concentrators recently. Take a look at their page if you are interested in donating!

To learn more, or find other places to donate, here's an [article](#) from the New York Times.

*** Please note, we tried our best to find organizations that are reliable and have been showing via their social media, news outlets, etc., that they are currently using their donations to help in India. We also encourage that you do your own research prior to donating to make sure that you are donating to something that you support. ***

Thank you to all those who read this email, shared, and/or donated. We hope you and your loved ones continue to stay safe during this pandemic.

Sincerely,

Vinit Parekh, OMS-II

Ekrem Cetinkaya, OMS-I

Jaasrini Vellore, OMS-II

Seema Sakaria, OMS-I

Zoha Shahabuddin, OMS-II