



Happy Monday Everyone!

If 2021 were a normal year, a core group of my ACP colleagues from Chicago and across the country would be engaged in our own version of March Madness. There would be a flurry of texts, a group name forming ("ACP ORLANDO"), and e-introductions of new colleagues joining old friends. We would be picking restaurants (instead of teams) and competing with one another to be the first to get lunch and dinner reservations for the group. We would be making "brackets" of which lectures we wanted to attend. Most of us would be traveling solo; we'd leave our kids, significant others, and quarantine puppies behind. I am a total ACP groupie, and I miss it.

One member of this core group, my colleague, Dr. Jennifer Bierman, MD, FACP, recently surveyed primary and specialty physicians employed by a large academic medical center and found physicians who reported they had at least three work friends/colleagues they could "call on for help" correlated with lower rates of burnout. Her survey also found "seeing or hearing from at least three work colleagues a month" to be protective. The critical number her study found was "more than two." A similar survey of primary care physicians found the lack of community, along with the lack of recognition for a job well done, were significant drivers of burnout. Perhaps March Madness 2021 is a good time to change those stats.

I hope you can join me at [ACP's Internal Medicine Virtual Meeting](#) this year April 29th-May 1st. Come CHAT with Dr. Fauci through Q&A from the comforts of your home. Host a small watch party with your vaccinated colleagues. Arrange to meet some for dinner afterwards. I encourage you to cancel your clinic and resist the urge to multi-task because you are not traveling to the meeting. Instead, carve out time to recharge and reconnect. You will find a home of like-minded physicians and ample opportunities to feel pride in the work we do for our patients and our communities.

And see below for additional ideas on how you might get more involved in the ACP Illinois Northern family from our Executive Director, [Colleen Keeku](#).

## Local News To Know

- [Anti-Racism In Medicine](#) April's discussion will be on How Medicine Treats its Own People. The group will discuss [Dennar vs. The administrators of the Tulane Educational Fund](#) and [One doctor shares her story of racism in medicine](#).
- **Healthier, Happier, \*Connected\*:** ACP Wellness 2021 Series begins April 1st with [Appreciative Inquiry](#). The series includes Wellbeing experts and ACP Champions from around the country.
- [Creating Gender Equality Discussion](#) Get to know your women in medicine allies as you explore strategies for recognizing and addressing gender inequalities in medical institutions and practices.

## National News To Know

- **I.M. Emotional Support Hub** As a recognition of the unprecedented stresses caused by the COVID-19 pandemic to internists and internists-in-training, ACP created the [I.M. Emotional Support Hub](#) to offer curated resources and information to protect physicians' emotional health and sustain ACP members' ability to care for those in need.

- **POCUS** Continue your point-of-care learning and hone your skills with personalized, longitudinal training through ACP's new [POCUS Mentorship Program](#).
- **“Virtual” Leadership Day 2021!** Registration is now open for Leadership Day 2021! Online registration is available [here](#). Join ACP on May 25-26 for a program that includes educational briefings, lively Q&A, and an opportunity to meet virtually with your members of Congress.

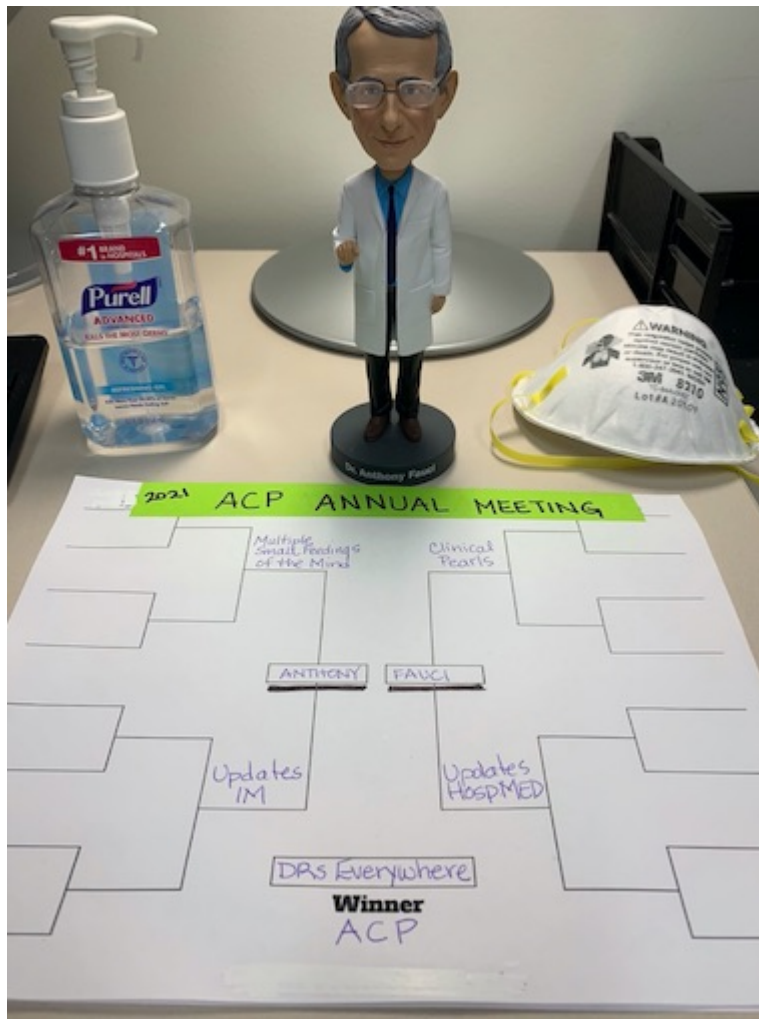
## IL Northern Awardees

On February 17, 2021, the ACP Illinois Northern Chapter honored the 2020 Laureate Award winners in an online celebration. **Dr. Scott Yen and Dr. Sean Greenhalgh** were awarded with the chapter's highest honor as they have been invaluable to ACP ILN for many years. Congratulations Dr. Yen and Dr. Greenhalgh!

## On the Lighter Side



Chicago dyes the river ACP Green



Schultz's winning bracket

## Save the Date

- Every Tuesday at 8:00PM Central: MKSAP Online Study Hall
- April 29-May 1, 2021: [ACP's Internal Medicine Meeting 2021](#)
- May 25-26, 2021: [Leadership Day 2021](#)
- October 15th, 2021 ACP Virtual Illinois Internal Medicine 2021

\*Chicago River Picture: Scott Olson/Getty Images

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