

In This Issue

- Governor Message
- Save the Date! Illinois IM 2020!
- Webinar MKSAP Live Online Study Hall
- ACP Leadership Day 2020
- Advocates for Internal Medicine Network
- ACP Webinars
- Save-the-Date

Suja Mathew, MD, FACP, ACP Governor, Illinois Northern

Governor Message

Dear Colleagues,

Thanksgiving and Christmas are behind us, and the New Year awaits. I suspect that many of us are preparing for time with our family and friends while still busily attending to professional responsibilities to our colleagues and patients. For me, it is a joyously chaotic time of the year. My heart and mind are equally filled with both gratitude and anticipation.

As is our custom, my family celebrated Thanksgiving at home. And as is our custom, each person shared reflection on the year and what was learned. Gratitude comes very easily for me, so I didn't expect to be speechless when it was my turn to share. But I was. I was speechless because of my abundance—I am grateful for the health and wellbeing of family, the ability to work, a comfortable home, meaningful relationships, my faith, and so much more. In that moment, I found it too difficult to put the extent of my gratitude into mere words. I settled on saying I was thankful for opportunity.

As a naturalized American citizen, I am very mindful of the opportunity afforded to me and my family. I came to this country as a young child, and through the generosity of neighbors and government, I was given the opportunity to learn

and thrive. Because of the investments made by others for my family, we are now able to give back to our communities a short generation later.

Most of us agree that all people should have the opportunity to better themselves. Yet, in my work at Cook County Health, I see gross inequity of opportunity every day in the patients whom we serve and the communities they represent. I often wonder what my patients' children may accomplish someday if they are afforded the same degree of opportunity that I have been able to give my own children.

I know that 2020 will be a critical year for our nation. I am optimistic that our choices will lead us towards a country that values all of us and demonstrates that commitment through word and deed. This is a season of anticipation and hope.

I wish you all a joyous holiday season and a new year filled with opportunity.

Warmly,

Suja Mathew, MD, FACP

Save the Date! Illinois IM 2020 in Springfield!

ACP IL IM 2020 October 23, 2020 in Springfield!

ILS Resident and Medical Student Day, October 22, 2020!

ILN Resident and Medical Student Day, November 4, 2020!

Webinar MKSAP Live Online Study Hall

Join us on Tuesday nights at 8:00 Central! We are continuing to accept attendees. Register Anytime!

Each week our hosts reveal a new "episode" of MKSAP 18, preparing you for boards over the next two years. This is an opportunity to prepare for recertification in a weekly casual, collegial, online setting. It's free for ACP members*, but you must own MKSAP 18.

[More information and registration.](#)

ACP Leadership Day 2020

Leadership Day 2020 will be held in Washington DC on May 12-13, 2020. The Northern Region is again sponsoring members to attend Leadership Day. Attendees will receive \$750 travel stipends for up to one individual from each member category: student, resident/fellow, early career physician (less than 10 years out of training).

To enter please submit your response (500 words or less) to the following: "Why is physician advocacy important to you? What do you hope to accomplish by attending ACP Leadership Day?" Essays should be submitted no later than **Friday, February 21, 2020**.

Submission Link: <https://www.surveymonkey.com/r/RX3VNSY>

General information regarding Leadership Day 2020 can be found [HERE](#)

Advocates for Internal Medicine Network

Do you want to advocate for your patients and for your profession? Join the Advocates for Internal Medicine Network. To learn more, visit [here](#).

The ACP Washington Office provides advocacy support and services to ACP members on a multitude of issues. Learn more about the programs and resources available to you at [ACP Advocacy](#) and [AIMn](#).

ACP Webinars

Gender-Based Differences in Burnout

Wednesday, January 8, 2020
3:00–4:00 p.m. ET

The American College of Physicians and American Medical Women's Association (AMWA) present "Gender-Based Differences in Burnout." In this free 1-hour webinar, Connie Newman, MD, FACP, and Kim Templeton, MD, explore the institutional and societal factors that contribute to burnout; discuss how burnout can differ between female and male physicians; and present strategies to reduce physician burnout.

[Register Now](#)

Mindfulness in Medicine: What Physicians Need to Know

Tuesday, January 14, 2020
3:00–4:00 p.m. ET

Mindfulness is an evidence-based approach to mitigating physician burnout, not only building calm but also enhancing focus, heightening compassion for self and others, and shifting limiting thought patterns. In this dynamic webinar, Gail Gazelle, MD, FACP, MCC, CMMT, will provide an overview of various conceptualizations of mindfulness, review research on its effectiveness, and provide practical strategies readily incorporated into the physician's workday.

[Register Now](#)

Save-the-Date

- Every Tuesday at 8:00 PM Central Time: Webinar MKSAP Live Online Study Hall
- April 23-25, 2020: Internal Medicine Meeting 2020 in Los Angeles, CA
- May 12-14, 2020: Leadership Day 2020 in Washington DC
- October 23, 2020: IL IM 2020 in Springfield, IL