

CANISIUS PA PROGRAM



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

NOVEMBER NEWS

The Fall rolls on

It seems hard to believe that we are halfway through November, and the holiday season visible on the horizon. As we wait for word from our educational institutions, counties, states, and national leaders on renewed plans to mitigate viral spread and infection; we again are again challenged by the nebulous nature of the future.

This year has brought new meaning to the term "unprecedented times." We have encountered a worldwide pandemic that has not only altered the very fabric of our existence, but highlighted the disparities present in health care. We have experienced the awakening of national consciousness around racial justice and witnessed civil unrest on a scale not seen in decades. At times we may ask ourselves what we can do, how we may serve. We are reminded of our mission statement:

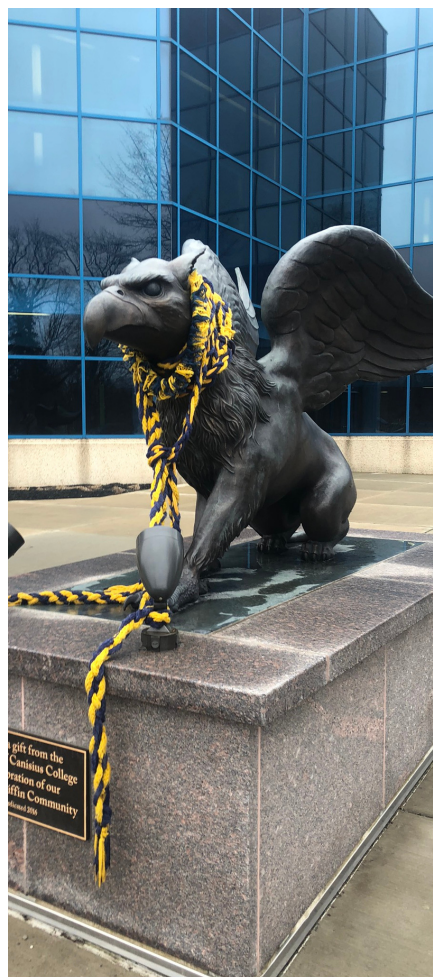
The Canisius College Physician Assistant Department is built upon the central mission of eliminating healthcare disparity and improving the health and wellbeing of underserved populations by developing competent, compassionate clinicians who discern a purpose of service, mindfulness, and leadership in both their community and profession.

In tumultuous times, and in any instance where there is a feeling of helplessness; remember the words above. Acknowledge that through your education and training, you will begin to chip away at the mountains of inequity piece by piece. Find time to appreciate the effects you have, and will have on your community and the world at large.

It is no doubt difficult to find ways to stay centered and mindful in present times. We've included some resources this newsletter as an invitation to find time for stillness and ease, either through online mechanisms or in-person visits in the college and neighborhood.

PROGRAM ANNOUNCEMENTS

- 1 Fall Reflections
- 2 Campus Spotlight
- 3 Wellness Resources
- 3 Buffalo Highlight: Forest Lawn Cemetary



CAMPUS HIGHLIGHT

Andrew L Bouwhuis Library.

Most students tend to expect to spend a significant amount of time at the college library. Though the excellent [study spaces and rooms](#), knowledgeable and kind [librarians](#), and extensive collections of [new books](#), [journals](#), and media may be the immediate draw to the space, you'll soon find that the library is the heart of the campus. Regular wellness events take place in the space, as well as maker's events, board game fun, and even legos to unleash your inner architect. The recent addition of [CURA PERSONALIS CORNER](#) introduced not only quiet spaces for reflection and relaxation, but a space for holding group prayer, meditation, and yoga. The library is very active on social media, check them out!

COMMUNITY HIGHLIGHT

Forest Lawn Cemetary.

Immediately across the street from our classroom space in Science Hall lies one of the most well-known cemeteries in the United States, [Forest Lawn](#). Generally, cemeteries aren't the traditional venue to take a relaxing afternoon stroll. However, the 269 acres of Forest Lawn includes rolling hills, streams, and ponds rather than the macabre visage of traditional cemetery grounds. Wildlife is abundant, you'll see swans and perhaps be one of the lucky few to sight the rare white deer wandering the grounds. Among the thousands laid to rest here, there's a renowned Seneca Indian Chief, a past US President, and the most infamous music artist to be featured on the Chappelle show. Happy strolling!



Forest Lawn at night: Dr. Bernosky

Wellness Resources

Prioritizing our well-being can sometimes feel impossible with a heavy work and/or school schedule, family and social responsibilities, not to mention the menial tasks required to keep life running. Here is a small collection of resources from the college, as well as online resources, to help you find respite as you can.

COLLEGE RESOURCES

Canisius College [Self-Help Resource list](#), including a self-evaluator tool, and links to various campus offerings, both in person and virtual.

Virtual [Ignation Yoga](#). This free offering from the college occurs weekly and incorporates Ignatian teachings with mindful movement. You can also sign up through [Eventbrite](#).

ONLINE RESOURCES

CALM - This widely-used app works on both desktop and mobile devices. You can find everything from daily meditations, introductory and master courses, sleep stories, and ambient noise. They offer a plethora of [free resources](#) as well as subscription-based.

SHINE- The Shine is a POC-owned and operated daily wellness app. Not only can you find a daily meditation, sounds, and sleep stories, you'll be able to track your emotions/moods and utilize a 'talk-it-out' feature similar to dialectic behavior therapy. Shine offers [free premium subscriptions](#) to those in the health-care fields.

Commune offers hundreds of free courses, ranging from movement-based, spiritual practice, addiction and trauma recovery, to healthy sleep and cooking.

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