

Hello McKay!

As the year comes to a close, we'll keep it short and sweet. It's been a great 2023 with all of you in McKay, and we're looking forward to an even better 2024!

Do you need support?

We'd like to remind our department that the past few months have been very difficult for many members of our community. In these challenging times, we'd like to reiterate that Penn has an array of resources meant to support all members of our community.

If anyone in our community experiences an act of bias or discrimination, please report it through Penn's [Bias Incident Reporting process](#). If there is any threat to your physical safety, or you are being [harassed online](#), please contact our 24/7 PennComm Emergency Call Center at 215-573-3333 immediately. Additional information on University resources for safety and support can also be found on [Penn's website](#).

In addition, if there is anything the DEI committee can do to support you during this time, please let us know via this [Google form](#). (Your response will be anonymous unless you identify yourself.)

2024 ORS Conference Grantees

Avonley Nguyen

Sophomore
Northern Virginia Community College

Junie Mertus

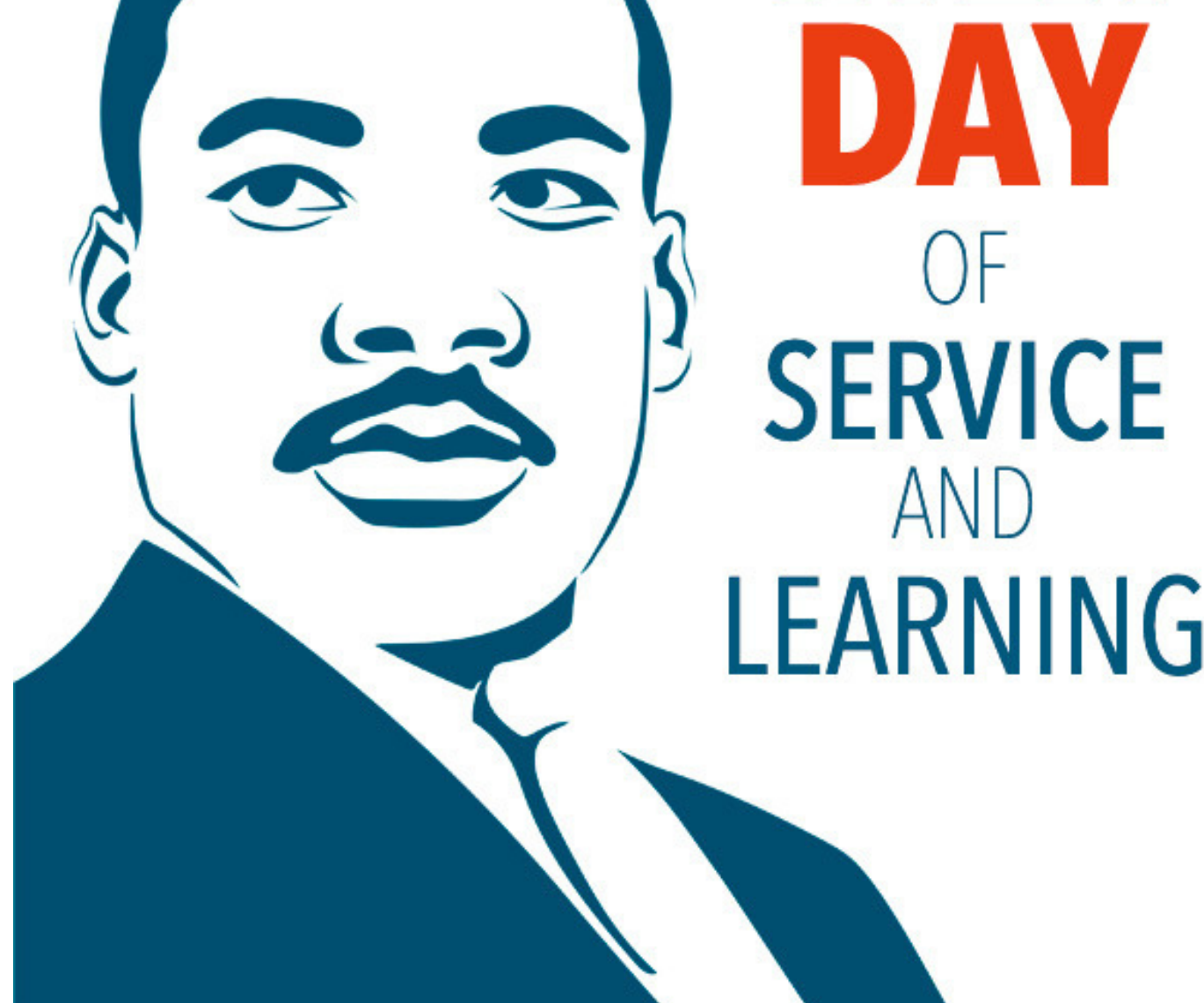
Senior
LaSalle University



Congratulations to our 2024 ORS conference grantees! We're so excited that they will be attending ORS with us to learn more about how they can make a career in orthopaedics. A big thank you to everyone involved in the DEI Committee's recruiting circuit to 5 area undergraduate institutions this fall to find these two outstanding candidates:

- Dr. Michael Hast
- Dr. Sarah Gullbrand
- Dr. Christopher Panebianco
- Matthew Fainor
- Lance Murphy
- Loriele Laforest
- Emily Sharp
- Margaret Tamburro
- Elizabeth Seidl

Events



Dr. Martin Luther King Jr. Day of Service

January 15th

Hosted by the African-American Resource Center, Penn's Day of Service on Dr. Martin Luther King Jr. Day attracts over 400 students, staff, faculty, alumni, and community volunteers to participate in a variety of projects that improve neighborhood beautification, children's literacy, unsheltered services and more. [Register to volunteer today!](#)

PSOM Winter Coat Drive

Through December 21st Smilow and BRB Lobby

New and gently used coats of all sizes are being collected by PSOM for donation to Cradles to Crayons. Please drop off any donations in the lobbies of Smilow or BRB through December 21st.

Volunteer - Serving the Homeless Dinner

Various Dates Chosen 300 Ministries

Chosen 300 Ministries serves meals to homeless throughout the week at 3 locations in the region. Ten volunteers are needed to help on Wednesday evenings at the Spring Garden location (1116 Spring Garden Street). Organize your group or just come by yourself and be a part of the Penn Medicine team. Help is needed! [Please register in advance](#) if interested in serving on 12/27, 1/3, or 1/10.

Mind and Mood Recharge at the Penn Museum

January 3rd, 5:00 - 8:00 pm Penn Museum

Offered every first Wednesday, 5:00 to 8:00 pm from November 1, 2023 to March 6, 2024, Mind & Mood Recharge, powered by Penn Medicine, is a new after-hours program designed to reset with restorative mind and body practices such as yoga in the galleries, sound bath meditation, art-making therapy, and more. Admission is free for anyone with a PennCard. For the general public, \$18 general admission includes after-hours access to all Museum galleries and exhibitions.

What we're...



Reading: *The Introverted Leader: Building on Your Quiet Strength* by Jennifer B. Kahnweiler



Listening to: *This Podcast Will Kill You* episode 130 on "Cocoliztli," a still mysterious disease that devastated the Aztec Empire throughout the 16th century and had deep ties to the colonialization of Mesoamerica.



Do you have something you're reading, watching, or listening to that you want to share with McKay? [Let us know](#), and we'll send it out with next month's newsletter!

A note from the DEI Committee



We would like to give a massive thank you to Matthew Fainor! He has been an enthusiastic and dedicated member of the McKay DEI Committee for the last 3 years and led the monthly effort to share DEI information with the McKay community via beautiful newsletters. While he is stepping down from his role on the DEI Committee, we are excited to continue to have him as a wonderful member of the McKay community. If you see Matthew around the lab, please pass along your thanks!

PS. This means we have openings on the DEI committee! If you are interested, please send a short paragraph describing your interest to McKayDEI@pennmedicine.upenn.edu.

Cheers,

Your McKay DEI Committee

[Read previous DEI newsletters loaded with relevant resources](#)

Do you have suggestions for the DEI committee? Send your comments directly to us!