

Newsletter

This newsletter is distributed via email from the UNMC College of Medicine Parents & Family Association.

Class of 2026 Fast Facts

- 134 students joined the class out of 1,908 applicants.
- 72% are Nebraska residents.
- Average MCAT = 511
- Average GPA = 3.82
- 8% are first-generation students.
- 9.7% are underrepresented in medicine by race/ethnicity.
- 5 MD/PhD students.

Class of 2026 Officers

President: Brock Calamari

Vice President: Violet Kryzsko

Treasurer: Sean MacBride

Alumni Relations Chair: Sophia Jensen

Social Chairs: Megan Ott, Rachel Weber & Becca Williams

Curriculum Chairs: Connor Aylor & Binh Le

Philanthropy Chairs: Mazie Atteberry, Taylor Gelling & Chase Jablon

Wellness Chairs: Sarah Carlson and Lauren Klingemann

Diversity, Equity, & Inclusion Chair: Ayush Chataut



Welcome, Class of 2026!

On August 19, the UNMC College of Medicine held its annual White Coat ceremony to welcome the incoming class of medical students. 134 students received their white coats during the ceremony, which was held in the Orpheum Theater.

During the ceremony, instrumental music filled the theater – punctuated only by the hoots, claps and cheers of loved ones as students were called one-by-one to the front of the stage to receive their white coat.

[View photos here.](#)





Message from the PFA Co-Presidents

Pat & Cindy Regan

It seems like it was just yesterday that the class of 2026 was beginning their first semester and now the holidays are upon us and their first semester is behind them. Welcome class of 2026 and congratulations on the completion of your first semester. This first semester is a period of adjustment. One filled with highs, lows and many challenges. You have worked hard and are one step closer to becoming a doctor. We hope the holidays are filled with some rest, relaxation and time with family and friends.

The Parents and Family Association (PFA) Advisory Council was involved in several events this past semester. The first event we sponsored was the Spouse & Significant Other's Reception, which is held in order for the medical students and significant others to get to know each other. The event was held at the Rathskeller Bier Haus for the first time and the new venue was well received.

The PFA also assisted in Family Day for the class of 2026. This was the first Family Day held in person since before the pandemic. Family Day helps us welcome the first- year medical school families and is an opportunity to see what the new students will be experiencing in medical school, specifically their first year. There were several informative speakers and panels and, overall, everyone enjoyed the day and was happy the event could take place in person again.

These are just two of the events that the PFA supports throughout the year through generous contributions made by medical school families. If you have contributed, we would like to extend our gratitude. If you have not contributed and would like to, you may [do so here](#) or contact lauraj.olson@unmc.edu.

Happy Holidays from the PFA Advisory Council. May everyone have a wonderful and safe holiday season!

Support Medical Students with a Gift to Our Innovation Fund

You can help support the work of the PFA with a tax deductible gift to the Parents & Family Innovation Fund at the University of Nebraska Foundation. [Click here](#) to make a gift.

Thank you for your generous support!

Fall Edition Newsletter
December 2022

This newsletter is produced by the Alumni Relations Office at the University of Nebraska Medical Center.

Editors: Laura Olson, Kat Hamilton, and Catherine Mello

Photographer: UNMC Alumni Relations and Public Relations Staff

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PFA Hosts Family Day Orientation for M1 Families

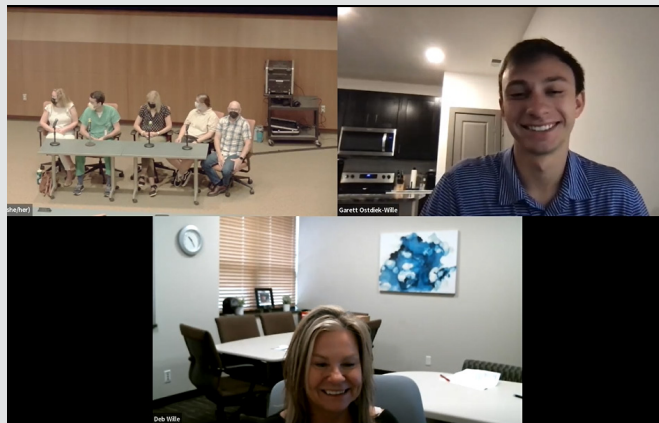
On August 19, this signature event was held for the first time in-person since 2019. More than 130 family members of the class of 2026 participated in the activities on campus and through Zoom. This was the first year a hybrid format was utilized to further engage the family and loved ones of the incoming students.

This year's event featured presentations providing overviews about:

- The College of Medicine, including diversity, equity & inclusion and student wellness
- Student Success & Counseling
- The Parents & Family Association

The event ended with a Student & Family Member panel, serving as an opportunity for the audience to ask questions of current students and their family members.

Thank you to the presenters, panelists and all who attended our first hybrid Family Day! [Watch a recording here.](#)



PFA Hosts Spouse & Significant Other's Reception

This annual event was held on August 15 at Rathskeller Bier Haus, located just a few blocks from campus. This new location received rave reviews and made it even more convenient for students to attend this orientation week event.

64 students and their significant others had the opportunity to get to know each other over dinner, drinks and a BINGO activity.



Medical Students Test Cooking Skills

This summer, 13 fourth-year medical students spent a Friday afternoon at the Institute for Culinary Arts at Metropolitan Community College, learning the foundations of a healthy Mediterranean diet.

The half-day course is a wellness option as part of the UNMC College of Medicine Curriculum Enhancement Seminars.

The goal of the class is to introduce integrative health and wellness practices to health care students and medical professionals with the hope that they will take that knowledge into their practices and share it with their patients.

See how kitchen knife skills and a classic citrus vinaigrette are helping UNMC students advance their medical education.



[Watch a video](#) with highlights from the seminar.

Student Spotlight: Katie Lodhia

Hometown

Omaha, Nebraska

Program & Year

MD Class of 2023

Undergraduate Education

Marian High School

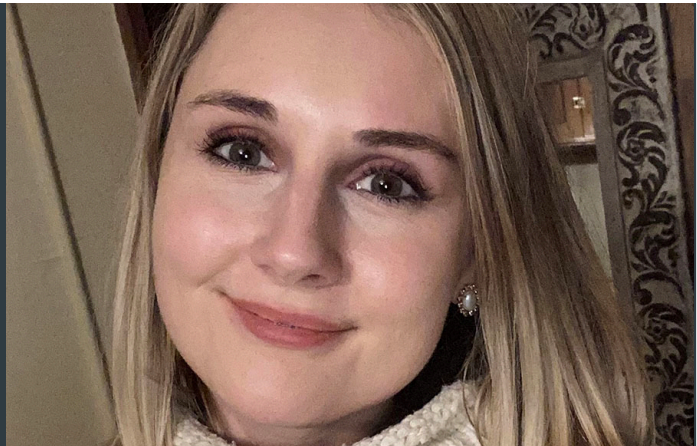
Hillsdale College

Hobbies

Walking, hiking, dancing, drinking tea from fancy cups.

Staying Balanced

Stay connected to what matters most to you and make time for that (for me: faith, family, and friends).



Three things people may not know about me:

- My dad and both my grandpas are UNMC alumni.
- I'm double jointed in my elbows.
- I was a trap shooter in high school.

2022-2023 College of Medicine Student Calendar

Academic Calendar

Second Semester (M1)	January 2 – May 26, 2023
Second Semester (M2)	January 9 – July 1, 2023
Second Semester (M3)	January 2 – June 23, 2023
Second Semester (M4)	January 2 – April 30, 2023
Spring Recess (M1)	March 4 - 12, 2023
Spring Recess (M2)	March 11 -19, 2023
Spring Recess (M3, M4)	March 25 - April 2, 2023

The full 2022-2023 academic calendar, with holidays & breaks, is [available online](#).

Special Events

Match Day (M4)	March 17, 2023
Honors Convocation (M4)	May 5, 2023
Commencement (M4)	May 6, 2023

Upcoming PFA Sponsored Events

Spring 2023

Match Day	March 17, 2023
Graduation	May 6, 2023
M1 Picnic	May 26, 2023

Fall 2023

Spouse & Significant Other's Reception	August 14, 2023
Family Day & White Coat Ceremony	August 18, 2023

Campus Tours for College of Medicine Families

Have you had a chance to visit UNMC's campus? If not, check out the following virtual tours:

- [Special tour for COM parents & families](#)
- [UNMC Campus Tour](#)



College of Medicine DEI Office Forms Task Forces to Address Issues

The College of Medicine (COM) Office of Diversity, Equity & Inclusion (DEI) formed four task forces that started working in November to address identified DEI issues and work toward defined goals at the college. The task forces will assist the DEI Office in its mission to provide strategies and tactical direction to the college to facilitate its goals of creating a diverse and inclusive environment that embraces the differences in all people and enhances excellence in education, research and care for all communities.



Shirley Delair, MD, associate dean for diversity, equity and inclusion at the College of Medicine.

The following task forces have been created:

Addressing lack of leadership education in DEI: This task force will work on recommendations for DEI training for COM leadership relevant to their roles and the importance of fostering an inclusive learning and working environment.

Lack of sustained leadership support for DEI: This task force will work on recommendations to include work/training in DEI in the annual evaluation of all faculty and staff with a special emphasis on guidelines that provide a clear path to promotion and tenure for faculty involved in DEI activities.

Mentorship for underrepresented in medicine and LGBTQ populations: This task force will work on recommendations for a mentoring program that focuses on students, trainees, residents, fellows, faculty and staff who are historically underrepresented in medicine.

Addressing microaggressions: This task force will work on recommendations for a detailed professional conduct policy with sections that address microaggressions related to DEI in the learning, clinical, office and research environment. The recommendations will include descriptions of reporting mechanisms, support measures, and disciplinary and/or remediating measures.

[Read more.](#)

University of Nebraska Announces “Only in Nebraska” Campaign



On November 18th, the University of Nebraska announced *Only in Nebraska: A Campaign for Our University's Future*. The campaign is a historic effort to encourage at least 150,000 benefactors to give \$3 billion to support University of Nebraska students, faculty, academic programs and research to address the needs of the state.

Only in Nebraska has three priorities:

- Relentless focus on student access and success (\$1.6 billion).
- Enhancing faculty, academic and clinical excellence (\$750 million).
- Transformational research and innovation (\$650 million).

The campaign will support all campuses of the university and will be the largest and most impactful in the university's history. The money raised for UNMC and Nebraska Medicine will support the following priorities:

- The creation of scholarships, fellowships and programs that attract students to health care.
- Increased funding for UNMC chairs and professorships.
- Creation of Centers of Excellence focused on developing new disease therapies, managing chronic conditions, health prevention and health equity.
- Components of Project NExT.
- Expansion of our Health Science education programs to train more health care workers, particularly in rural Nebraska.

On December 8th, the UNMC Alumni Association and UNMC Strategic Communications hosted a rally-style event (pictured) to help students learn about the campaign. Attendees received a free lunch and campaign swag, wrote thank you notes to donors and voted to direct an anonymous gift toward one of the three campaign priorities.

Parents and Family Association

2022-2023 Advisory Council

Co-Presidents

Cindy & Pat Regan - Student Year 2024

Members

Paula & Scott Hardin - Student Year 2023

Stephanie Sacco - Student Year 2023

Melissa & Mike Karloff - Student Year 2024

Mark Ziegenbein - Student Year 2024

Elaine Adams - Student Year 2025

Kim Anderson - Student Year 2025

Michelle Schefcik - Student Year 2025

Geraldine Erickson - Student Year 2026

Penny Ford - Student Year 2026

Tracy Kochenderfer - Student Year 2026

Drew & Lacey Luebe - Student Year 2026

Gabby Mormino - Student Year 2026

Melissa Thompson - Student Year 2026

Marcy Wood Jolton - Student Year 2026

Evie York - Student Year 2026

Resources for Parents & Students

Quick Links

- [UNMC College of Medicine](#)
- [Student Wellness Advocate - Kimberly Schenarts, PhD](#)
- [UNMC Division of Student Success](#)
- [UNMC Counseling and Psychological Services](#)
- [UNMC Offices of Inclusion and Equity](#)
- [College of Medicine Parents & Family Association](#)

Contact Us

The Parents & Family Association Advisory Council gets administrative support from the UNMC Alumni Relations Office. For more information contact:

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