



MURIEL STEELE SOCIETY

APRIL 2021 EVENTS AND UPDATES

Dear Muriel Steele Society Members,

On March 8th we celebrated **International Women's Day**. This year's theme was [#ChooseToChallenge](#). When asked "Why do you choose to challenge gender bias and inequity?", here is what the you all in the MSS (and our male colleagues in the Department of Surgery!) answered:





We also held a focus group on **Support for Lactating Parents in Surgical Specialties Following Child Bearing Leave**, hosted by Drs. Diane Sliwka and Michelle Mourad. The goals of the session were to understand:

- What support has been effective for surgical faculty
- What support is needed to improve equity and the work experience for lactating faculty following a leave

If you were unable to attend but have thoughts/suggestions on the topic, please email diane.sliwka@ucsf.edu or michelle.mourad@ucsf.edu.

Last month, we hosted our first of three virtual **Wellness Workshops** by **Nfinite Strength** for our Second Tuesday Events! We had a great time stretching, strengthening, and learning how to alleviate pain in the workplace, with a special focus on operative ergonomics, mid-surgery stretched, and alleviating neck strain. Here are the dates of our next sessions. Separate outlook calendar links have also been sent:

April 13, 2021 - Stress and Time Management (7-8 PM PST)
Managing uncertainty and anxiety in the setting of the pandemic
Life Balance
Zoom Link: <https://us02web.zoom.us/j/85768702562>

May 11, 2021 - Regeneration and Release Workshop (Active Session!) (7-8 PM PST)
Mobility & Stretching

We invite all MSS members to join the upcoming **SALUD Luminary Series** held by the UCSF Latinx Center of Excellence. These are a series of evenings with UCSF faculty leaders who are changing academic medicine in the realm of equity, justice, and inclusion.

The next event will be held on **Thursday April 22** from **6-7:30 PM** and will be focused on **Creating Institutional Change Towards Equity**.

The event will feature Dr. Talmadge King, *Dean for the UCSF School of Medicine*, Dr. Renee Navarro, *Chancellor for Diversity and Inclusion*, and Dr. Julie Ann Sosa, *Chair for the Department of Surgery*. These events are open to all UCSF residents & fellows, particularly those who are underrepresented in medicine (UIM). From 6-7pm, the event will be open to all, and from 7-7:30pm, there will be small group sessions for UIM residents and fellows.

Zoom [Link](#)

Meeting ID: 913 6139 7767

Password: 890781

In the next few weeks, stay tuned for information about our annual **Honor Roll Nominations** which will happen in conjunction with our yearly MSS Mentorship Grand Rounds.

This month, we do not have a new **MSS Spotlight** to share - our students are in the process of putting together some exciting new interviews - we expect to have one completed in time for next month's newsletter! While we wait, we want to know **who you want us to interview!** **Please fill out this [form](#)** and let us know who we should feature! To read prior Spotlights, the interviews are uploaded [here](#) on the MSS website.

We are also excited to announce that our website is getting a little bit of a facelift - stay tuned!

Thanks for reading!

Your **MSS Communications Committee**

(J. Bautista, M. Boeck, M. Coleman, P. Conroy, L. Wong)

The Muriel Steele Society is an inclusive community dedicated to inspiring, supporting, and promoting women surgeons so they can thrive at all stages of their careers. We will be hosting events throughout the year to foster a strong community of allies and to achieve the goal of continued excellence at UCSF.

All women surgeons or medical students interested in surgery are included in the society but we recognize that some women may have been inadvertently left out of these emails. Please forward to anyone who you think might like to be included in the MSS. If you are interested in membership, please email us at themurielsteelesociety@ucsf.edu.

For more information about the Muriel Steele Society, please visit our [website](#) or follow us on [Twitter](#).

See what's coming up next on the [Muriel Steele Society's calendar of events](#).

Have an opportunity or event that you'd like to share with the MSS membership? Email us at themurielsteelesociety@ucsf.edu.

Want to become more involved with the Muriel Steele Society? We especially welcome women in other surgical departments to join our Executive Council! Email co-chairs Mika Varma (mika.varma@ucsf.edu) or Lucy Kornblith (Lucy.Kornblith@ucsf.edu) for more information.