

THE ROCHESTER ACADEMY OF MEDICINE

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April 2024



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Member News!

**We want to congratulate Selma Mujezinovic for becoming
a Lifetime Member**

**We also want to congratulate Lorin & Judith Gallistel for
becoming Lifetime Members**

**Thank you all for your on-going, generous support of the
Rochester Academy of Medicine!**



**For More information on our different
Membership Levels, please email:
amyvanorden@raom.org**



Member Spotlight Tatyana Tymkiv

In our ongoing series of highlighting exceptional members, we are delighted to feature Tatyana Tymkiv, a dynamic individual whose journey is as inspiring as it is impactful.

Tatyana joined The Rochester Academy of Medicine in 2023 and has since ascended to the role of Board Member, bringing her wealth of experience and dedication to the organization's leadership team.

Tatyana's decision to join The Academy was driven by a profound sense of purpose. She was drawn to the organization's mission of advancing learning, encouraging service, and initiating collaboration in the communities it serves. Moreover, The Academy's commitment to fostering solutions that bring better health to communities resonated deeply with Tatyana's own values of service and community engagement.

As the founder of Tabott Anti-Aging & Regenerative Clinic, Tatyana's occupation transcends the realm of a mere job; it is a testament to her life's passion. With a focus on Medical Esthetics and Anti-Aging and Regenerative Medicine, Tatyana channels her extensive knowledge and experience to make a positive difference in her patients' lives. Her dedication is evident in every aspect of her work, reflecting her unwavering commitment to excellence.

For Tatyana, success is not merely measured by professional achievements but by the fulfillment derived from making a meaningful impact. Happiness, derived from the outcomes of one's efforts, is the true hallmark of success in Tatyana's view.

Tatyana finds inspiration in the remarkable legacy of Queen Elizabeth II, admiring her wisdom, humanity, and exemplary leadership. The Queen's ability to navigate challenges with grace and resilience serves as a guiding light for Tatyana in her own endeavors.

To those aspiring to enter her field, Tatyana offers a simple yet profound piece of advice: listen to your heart. She believes that a genuine passion for caring and kindness is essential for thriving in the healthcare profession, urging individuals to stay true to their compassionate instincts.

Originally from Ukraine, Tatyana immigrated to the USA over two decades ago, embarking on a journey marked by academic excellence and professional success. With three Master's degrees under her belt, including MS in Nursing and Nurse Practitioner, MSBA in Medical Management, and MBA, Tatyana's dedication to lifelong learning is evident.

Tatyana's extensive career includes over a decade of service at Strong Memorial Hospital, where she made significant contributions in Cardiac Surgery/Heart Transplant Division, followed by a decade-long tenure as the Director of Human Resources at RRH. Her commitment to community service is exemplified through her tireless efforts in organizing successful fundraisers, including the Rochester Ukrainian Fashion Show and



the Rochester Ukrainian Christmas Ball, which collectively raised approximately \$50,000 for medical equipment donations to hospitals in Ukraine.

Tatyana invites all members and their families to join her at the upcoming Rochester Ukrainian Fashion Show on June 30th at The Wintergarden by Monroe's. With an expected attendance of over 600 guests, the event promises to be a celebration of culture, community, and philanthropy.

In conclusion, Tatyana Tymkiv's journey is a testament to the transformative power of passion, perseverance, and compassion. Her unwavering dedication to excellence, coupled with her commitment to serving others, embodies the spirit of The Rochester Academy of Medicine's mission.

We extend our heartfelt gratitude to Tatyana for her invaluable contributions and look forward to witnessing the continued impact of her endeavors.

Volunteer Opportunities

1 Docent Tour Committee NEW!!!!

2. Communication Committee: Showcase your technology skills by contributing to the management of our social media platforms and promoting our programs and services.

3. Program Committee: Join a diverse team focused on creating and implementing educational programs tied to arts and humanities, ensuring meaningful experiences for all visitors to the Lyon Home.

4. Membership Committee: Be part of our outreach efforts to maintain and grow the Academy's membership in an inter-professional/inter-generational manner.

5. Continuing Education Committee: Share your passion for education by participating in the planning of educational programs and monitoring the Academy's CME activities.

6. Building & Grounds Committee: If you have a passion for historical mansions, join our committee to care for both the building and grounds of the beautiful Lyon Home at 1441 East Ave.

7. Finance Committee: Utilize your accounting skills to work with the Executive Director in preparing budgets, reviewing financial progress, and advising the Board of Trustees on financial matters.

8. Awards Committee: Enjoy recognizing and honoring healthcare professionals in Rochester for their service and contribution across various categories.

CME: WE ARE NOW ACCEPTING APPLICATIONS TO ACCREDIT ENDURING MATERIALS

NEW

About Enduring Materials:

An enduring material is an on-demand activity that does not have a specific time or location designated for participation; rather, the participant determines whether and when to complete the activity. The content can be accessed at any point during the lifespan of the activity and there is no specific time designated for participation. Examples include online interactive educational modules, recorded presentations, printed materials, and podcasts.

CONTACT US:

www.raom.org
susan.layton@raom.org

08/17



Here's some fun pics from events we hosted in
March!

Looking for a venue to host your next event?



BOOK THE ACADEMY FOR YOUR NEXT EVENT!



SAVE THE DATE

Wednesday, April 17, 2024 5:30 PM

The Corner Society- Bleeding Ink: Middle English Bloodletting Poetry in Late Medieval England



Bleeding Ink: Middle English Bloodletting Poetry in Late Medieval England

Bloodletting was the most common medical procedure in medieval England, used to treat anything from vision loss to the Black Death. This talk surveys the corpus of Middle English poetry that presents phlebotomy instructions in verse. While some have questioned the purpose and educational value of these bloodletting poems, I demonstrate how these verses were practically used, adapted, and valued by both professional barber-surgeons and lay readers. I also show how the poetic phlebotomy developed alongside and was incorporated into several “vein men,” visual guides to the practice. The invention of English bloodletting poetry was thus a unique and influential milestone in medieval medical education, instructing the growing number of medical practitioners unfamiliar with Latin.



Caleb Prus is a 2nd-year medical student at the University of Rochester School of Medicine

Caleb Prus is a 2nd-year medical student at the University of Rochester School of Medicine. He has a Master’s in English (650-1550) from the University of Oxford and studies the transmission of Middle English medical texts in medieval England. His research on late-medieval medicine has been featured at the American Association for the History of Medicine Meeting and the Leeds International Medieval Congress.

SALON CONCERT SERIES

OCTOBER 22, 2023
NOVEMBER 5, 2023
MARCH 3, 2024
MARCH 24, 2024
APRIL 28, 2024

2023-2024

SALON CONCERT SERIES

Rebecca Penneys, piano
Mikhail Kopelman, violin
Masumi Per Rostad, viola
Stefan Reuss, cello

April 28, 2024
2:00pm

Mozart
Piano Quartet No. 2 in E flat Major, K 493

Brahms
Piano Quartet No. 1 in G minor, Op. 25

Location

Rochester Academy of Medicine
1441 East Avenue

Tickets

	Single	Series
RAoM Members	\$35	\$150
General Public	\$40	\$180

Visit www.raom.org to purchase your tickets!

Membership Perks

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- **FLUCO:** Immunity Drip
- **HOURLASS IV DRIP:** The Skinny Drip
- **MOBAY:** Hypermesis Gravida - Mom and Baby Drip
- **RUNAWAY BAY:** Myers Cocktail
- **SYNAPSE IV DRIP:** NAD; Nicotinamide Adenine Dinucleotide

Events - Parties - Bachelorette Weekend

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STRESS AWARENESS MONTH

MENTAL HEALTH

TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.





Celebrated every year in April, National Minority Health Month:

- **Builds awareness about the disproportionate burden of premature death and illness in people from racial and ethnic minority groups.**
- **Encourages action through health education, early detection and control of disease complications.**

The origin of National Minority Health Month was the 1915 establishment of National Negro Health Week by Booker T. Washington. In 2002, National Minority Health Month received support from the U.S. Congress with a concurrent resolution (H. Con. Res. 388) that “a National Minority Health and Health Disparities Month should be established to promote educational efforts on the health problems currently facing minorities and other populations experiencing health disparities.” The resolution encouraged “all health organizations and Americans to conduct appropriate programs and activities to promote healthfulness in minority and other communities experiencing health disparities.”

Letter from the Director

Dear Members and Friends,

As we welcome another month at the Rochester Academy of Medicine, I am filled with gratitude for the unwavering commitment and dedication of each of you towards our shared mission and vision. Together, we continue to make strides in advancing learning, fostering collaboration, and striving for better health outcomes in the communities we serve.

Volunteering lies at the heart of our organization, embodying the essence of service and community engagement. It is through the selfless contributions of our volunteers that we are able to enact meaningful change and make a tangible difference in the lives of others. Whether it's through our green team, health education initiatives, or community outreach efforts, your efforts exemplify the spirit of giving back and embody the values we hold dear.

Our mission to advance learning, encourage service, and initiate collaboration is deeply intertwined with the act of volunteering. By offering our time, skills, and resources, we not only enrich our own lives but also uplift those around us. Each volunteer opportunity serves as a catalyst for positive change, propelling us closer to our vision of a healthier, more connected community.

At the Rochester Academy of Medicine, we are guided by our core values of collaboration, integrity, leadership, and diversity. These values serve as the cornerstone of everything we do, shaping our interactions, decisions, and initiatives. It is through our commitment to these principles that we are able to foster an inclusive environment where all voices are heard, valued, and respected.

As we look ahead to the coming month, I encourage each of you to explore new avenues for volunteering and service within our organization and beyond.

Together, let us continue to lead by example, inspire others, and drive positive change in our communities.

Thank you for your continued support and dedication to the Rochester Academy of Medicine. With your unwavering commitment, I am confident that we will continue to make a lasting impact on the health and well-being of those we serve.

Warm regards,
Ryan Johnson
Executive Director
Rochester Academy of Medicine