Dear Alumni,

It was a busy final quarter of 2008 and our alumni reception at AOA in Las Vegas was a highlight. More than 130 alumni attended, making it one of our best receptions to date. We gathered on the 104th floor of the Stratosphere, which offered a view of the lights of Las Vegas. It was great seeing our alumni out in force representing our college.

The Class of 1978 alumni reunion Nov. 21-22 began with a meet-and-greet at the Downtown DoubleTree in Tulsa the first evening, and a dinner at the Polo Grill on Saturday night. Great conversation, food and memories were shared over the reunion weekend. A special thanks goes to all those who attended.

Join the association, and your fellow alumni, at these 2009 events:
- Visit our exhibit Jan. 23-25 at the AOA winter CME at the Renaissance Hotel in Tulsa and enjoy a host of wonderful speakers throughout the weekend.
- Stop by our table Feb. 28 at the Osteopathic Foundation 2009 Winterfest Gala at the DoubleTree Warren Place in Tulsa.
- Visit our booth (K16) at ACOPF March 5-7 and attend our alumni reception from 6-7:30 p.m. Friday, March 6.

It will be a busy spring, with several dates to keep in mind:
- Come by and say hello at our booth at the OOA convention April 23-26 in Oklahoma City.
- Don’t miss Spring Fling CME May 8-9 at the Downtown DoubleTree Hotel in Tulsa.
- The annual awards banquet is May 14 at the DoubleTree Warren Place and graduation is May 15 at the new Spirit Bank Event Center in Bixby.

We look forward to seeing you soon. Have a wonderful new year and as always, thank you for your support of the OSU College of Osteopathic Medicine Alumni Association.

Sincerely,
Ryan Miller, director
OSU-COM Alumni Association

Doc Hastings’ prescription: Give back

Richard A. Hastings II, D.O., Ph.D., ‘80, a former president of the OSU College of Osteopathic Medicine Alumni Association, has established a $100,000 planned gift to the Marjorie Carpenter Hastings and Richard A. Hastings, M.D., Endowed Scholarship Fund established in memory of his parents. Hastings’ father was a radiologist in Ottumwa, Iowa, for many years. His parents were fierce advocates for learning and education and helped shape his philanthropic commitment, he says.

Family contributions and his own previous gift of $10,000 add to the fund for scholarships for OSU’s osteopathic medical students, with a preference to students from rural Oklahoma. Hastings taught at several schools including the University of Alaska Medical School, before deciding to become a physician.

He chose to attend OSU because he liked the philosophy of treating the whole person. As a student, he worked as a janitor in the anatomy lab. As a physician, he often has lectured at the college. He says he has “seen this school from janitor to lecturer” with a grin and a note of pride. Brad Walker, associate vice president for development, says Hastings wants to inspire osteopathic alumni, particularly younger ones, to give and especially wants to see an increase in donations to scholarships.

OSU-CHS Alumni Calendar of Events for 2009

OOA Winter CME, Tulsa, OK .................................................. January 23-25
Winterset Ball for OFF, Tulsa, OK ........................................ February 28
ACOPF Convention, Washington, DC .................................. March 4-8
AAOMT Convention, Bethesda, Maryland .......................... April 15-18
OOA Convention, Oklahoma City, OK .................................. April 23-26
CME Spring Fling (23rd Annual) Tulsa, OK .......................... May 8-9
Senior Breakfast, Tulsa, OK .................................................. May 14
Awards Banquet (dinner) for Graduates, Tulsa, OK ............. May 14
Graduation, Tulsa, OK .......................................................... May 15
Emergency Medicine CME, Tulsa, OK ................................. June 12-14
TOMA Alumni Reception, Addison, TX .............................. June 12
Alumni Summer Golf Classic, Tulsa, OK .............................. June 29 (tentative)
AOMA Convention, Hot Springs, AR ................................. August 6-9
White Coat Ceremony, Tulsa, OK ........................................... August 15
New Student Welcome Lunch, Tulsa, OK ......................... September 11 (tentative)
OOA Convention, New Orleans, LA ..................................... November 1-5
OSU Homecoming festivities ................................................. October - Pending schedule release
Family Medicine CME, Tulsa, OK ........................................... November 20-22

Stress management — continued from front page

right way, Pollak emphasizes, saying the high participation rate by student group leaders is a positive sign of the program’s success.

Group leaders learn, too. Greg Root, MS-II, says being a group leader gave him practice asking open-ended questions and letting people talk about a problem. “You step back and let them tell you about it,” he says. Jazmin Matlock, MS-II, says as a first-year she liked being with a group of peers going through similar experiences. “I can lean on those people now,” she says. “The focus was on grades that first year, but well-being matters, too.”

Matlock said having group leaders who were opposites, one outspoken and one more reserved, gave balance to the experience. “Being a doctor is about connecting with people, not just physical aspects but emotional aspects, too,” Matlock says. “This training helps us as future physicians.” Root agrees. “I think this will be valuable down the road with patients and it lets you feel like you have helped someone,” he says. “That is rewarding in itself.”

Holiday cheer

The alumni association joined to help a campus holiday project, and donated 10 blankets and 10 Wal-Mart $25 gift cards to help meet a total goal of 30 blankets and cards for Tulsa’s Reaching Hands, an organization providing assistance for seniors. Mickie Wyatt, case manager (left) and Charleen Henderson, executive director, accept the items from Henise Williams (center), the alumni association administrative assistant.
Alumni Notes

Roger Lalich, D.O., '77, a brigadier general and member of the Wisconsin Army National Guard, is featured in the November 2006 issue of The Officer, a publication of the Reserve Officers Association of the United States. He was Saddam Hussein’s physician for several months during the late Iraqi dictator’s imprisonment in a Baghdad facility. Lalich, an obstetrician and gynecologist in Waukesha, Wis., View at www.raf.org; click Publications & Resources tab for back issues of The Officer.


Send us your news

Let your fellow alumni know about your recent appointment, residency, fellowship, award, move, etc. The COMmunicator will use submissions as space permits.

Just email or mail your notes to:

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