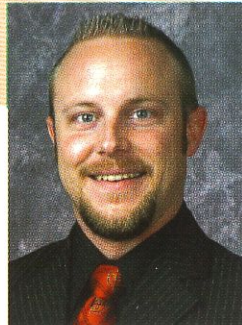


Dear Alumni,



Ryan Miller

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 OOA winter CME at the Renaissance Hotel in Tulsa and enjoy a host of wonderful speakers throughout the weekend.

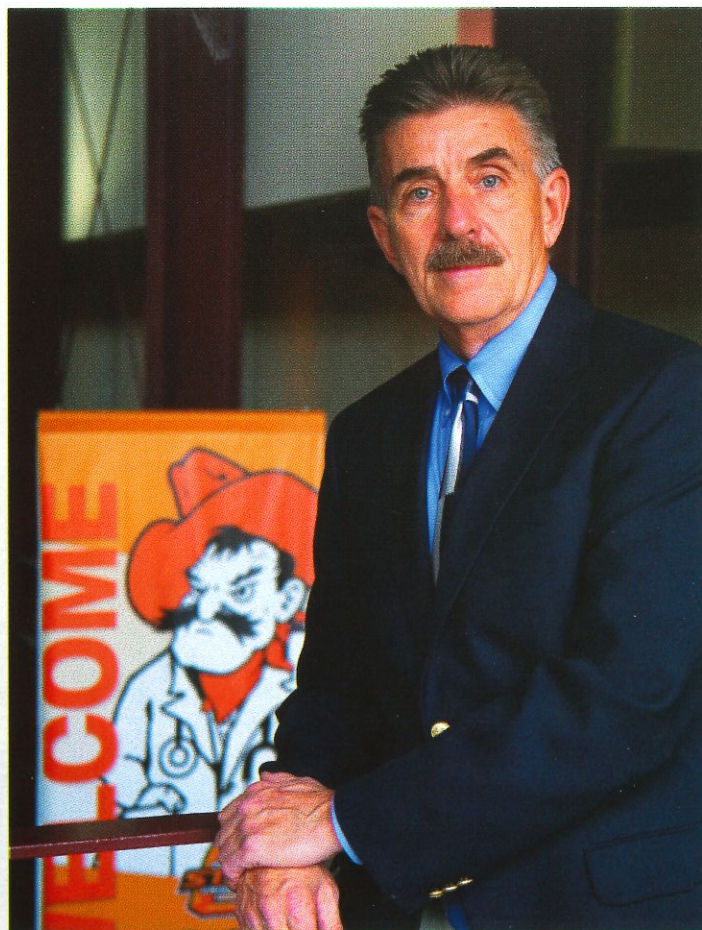
- Stop by our table Feb. 28 at the Osteopathic Founders Foundation 2009 Winterset Gala at the DoubleTree Warren Place in Tulsa.
- Visit our booth (#216) at ACOFP March 5-7 and attend our alumni reception from 6-7:30 p.m. Friday, March 6.

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



Richard A. Hastings, D.O., Ph.D.

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
ACOFP Convention, Washington, DC	March 4-8
AACOM 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)
AOA 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 Renee Williams (center), the alumni association administrative assistant.



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Alumni Notes

Roger Lalich, D.O., '77, a brigadier general and member of the Wisconsin Army National Guard, is featured in the November 2008 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, is an obstetrician and gynecologist in Waukesha, Wis. View at www.roa.org; click Publications & Resources tab for back issues of *The Officer*.

Priscilla Ann Moore, wife of former faculty member William Moore, D.O. (KCUMB '60) passed away Dec. 25, 2008.

Send us your news

Let your fellow alums 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:

Alumni Newsletter

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COMMUNICATOR

Where you can find out what's happening at the OSU Center for Health Sciences, locate a fellow graduate of the OSU College of Osteopathic Medicine, check out donation opportunities or read back issues of the *COMmunicator*. Go to www.healthsciences.okstate.edu, click on the Alumni button.

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Oklahoma State University Center for Health Sciences
College of Osteopathic Medicine
Alumni Newsletter



Plan finalized for OSU Medical Center

In December, an agreement to maintain a graduate medical education program at OSU Medical Center was announced by Gov. Brad Henry. Under the agreement, Ardent Health Services, which owns the hospital, will donate the facility to a city trust, which will contract with St. John Health System to operate the hospital. OSU is committing \$45 million -- \$20 million in funds previously appropriated for our residency program now will be used to help the hospital get back on its feet financially, plus \$25 million to support the first phase of much-needed capital improvement projects. In addition to the \$45 million commitment from OSU, the hospital will receive \$8 million from the state the first year, followed by \$5 million per year in the subsequent four years; plus a combined \$7 million per year for five years from the Kaiser Family Foundation and St. John Health System.



OSU Medical Center

The Tulsa City Council has approved the trust and eight of nine trustees. One additional trustee is expected to be named from the DO community. The new trustees are: Joan Bartlett Atkinson, Ken Brune, Jay Helm, Jerry Hudson, Ken Levit, Bill Lohrey, Bob Poe and Donald Tyler. The trustees are expected to have their first organizational meeting and begin work in mid-January. The state legislature is expected to vote on appropriation of funds for the teaching hospital during the upcoming legislative session, which commences in February.

Stress management program marks two decades

If you graduated from OSU-COM after 1988, chances are you took the stress management program, which marked its 20th anniversary in Fall of 2008. It began when Susan Redwood, Ph.D., and others launched a federally funded substance abuse prevention program for medical students. "My part was developing the stress management program to help students cope with stress," Redwood says. The peer-led program has endured, and more than 90 percent of first-years attend.

Dr. Redwood and Michael Pollak, Ph.D. train second-year student volunteers to be group leaders for the first-years. For seven weeks, two leaders facilitate group meetings of seven or eight students. Group leaders do not hand out advice. Instead, they offer suggestions, and caring. Peer support, empathy, talking things through and listening coupled with relaxation techniques and cognitive reframing helps students view problems in a different way. Groups brainstorm, suggest and share possible solutions, but there is no one

- continued inside

Susan Redwood, Ph.D., and Michael Pollak, Ph.D.,
direct a peer-led stress management
program for first-year students.

