



Message from the Chapter East President:

Hello everyone! I hope your November is off to a good start. Lots of great info to share in this edition of the newsletter, including the CATCH grant cycle application deadline details, a peek at our new Chapter East Website, www.ChapterEastPeds.com, our upcoming CME event, and more! Feel free to share your feedback with us or send questions to us at uniformedsevicesschaptreast@gmail.com. On behalf of the Executive Board, I would like to wish you all a restful and healthy holiday season. If there are opportunities for the Chapter to support your professional goals, resiliency, or morale at your institution please let us know.

Maj Nitasha Garcia
Chapter East President

Childhood Advocacy

Election day is fast approaching. The American Academy of Pediatrics has compiled information regarding childhood advocacy.



Check out <https://services.aap.org/en/advocacy/election-vote-kids/> if you would like to read additional information on topics such as health equity as well as issues that the AAP feels are key to childhood health

Source: [AAP](#)

Grants

Uniformed Services Chapter East is here to support our members interested in grant opportunities.



CATCH Grant 2021 Cycle

- The 2021 Catch Grant cycle is beginning soon: **November 4, 2020**: Call for Proposals Released, **January 27, 2021**: Application Deadline, **May 3, 2021**: New Grantees Announced, **June 30, 2021** Projects Begin.
- CATCH Grants are an excellent opportunity for trainees and other members to acquire funding for project ideas
- For application guidelines click [here](#). For questions send us an email and we will get you in contact with your Chapter CATCH grant liaisons: Drs. Molly Childers and Becky McConnell

Educational Opportunity: APEX Teaching Program – **Application Deadline 15 Nov**



- The Advanced Pediatric Educator Excellence (APEX) Teaching Program APEX is a longitudinal curriculum; initial training coincides with the Pediatric Academic Society Conference in 2021. Recipients partner with a local mentor, and are taught educational ther
- There is an associated cost for those selected to participate in the APEX Teaching Program. There may be an opportunity for partial sponsorship through Chapter East. Visit the AAP link [here](#) for further details. **Deadline 15 Nov**

Source: [AAP](#)

Spotlight: On September 24, 2020 the WRNMMC (Bethesda) Murtha Cancer Center held its 3rd annual



Childhood Cancer Summit. The agenda featured discussions on integrative therapies, staff wellness, and recommendations for psychosocial support. Due to the unique environment for meetings created by COVID-19, there was a mixture of in-person and virtual attendees. We salute our oncology colleagues and appreciate the work you do to help our pediatric oncology population.



American Academy of Pediatrics

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Uniformed Services Chapter East

Nov 2020

Chapter East New Website! – Check it out 😊 www.ChapterEastPeds.com

Below is what the home page looks like. Thanks to Dr. Liz Simmons for all of her work on behalf of Chapter East



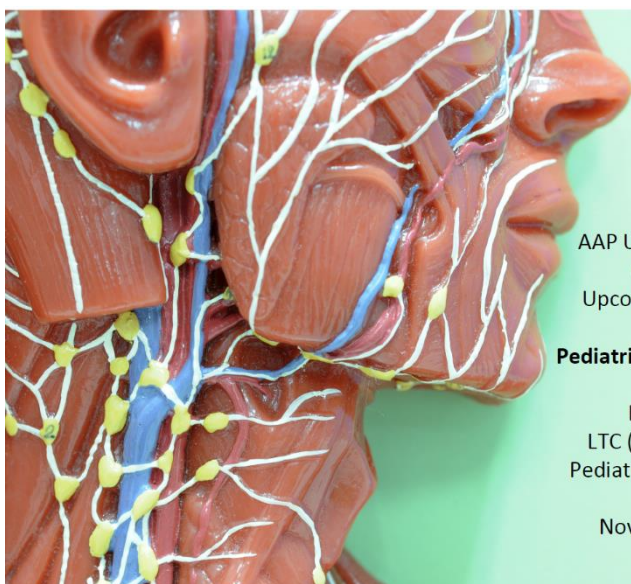
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Uniformed Services Chapter East

American Academy of Pediatrics

Chapter East CME Event



AAP Uniformed Services
Chapter East
Upcoming Zoom Event:
Pediatric Lymphadenopathy

Presented by:
LTC (Dr.) Steve Maturo
Pediatric Otolaryngologist

November 30, 2020
1800 EST

- Join us for the next Chapter East CME event **30 November 2020**
- [Zoom Link](#)
- Or phone: (253)-215-8782
- **Meeting ID:** 878 5368 0486
- **Passcode:** 428844

- Follow www.chaptereastpeds.com or our Facebook <https://www.facebook.com/UniformedServicesChapterEast/> to get updates on the Early 2021 CME events that will be occurring.



Other CME Opportunities:

Thanks to our very own Dr. Wendy Schofer for sharing – her presentation is on 19 Nov, see below

*M. Foscue Brock Institute for Community and Global Health
and Children's Hospital of The King's Daughters present:*

**Best Practices for Pediatric Nutrition
in the Clinical Care Setting during
COVID-19 Webinar Series**

Tuesday, Nov. 3, 12:30 to 1:00 p.m.

Healthy at Home: Clinical Guidance to Support Families During the Pandemic

Presented by:

Michelle Henning, DO

*Medical Director, Healthy You for Life, Children's Hospital of The King's Daughters
Coastal Pediatrics, Children's Hospital of The King's Daughters*

OBJECTIVES:

1. Identify how the COVID-19 pandemic has impacted everyday life in relation to nutrition.
2. Describe how to maintain a healthy lifestyle in families.

RSVP Now: <https://brockinstitute.eventsmart.com/events/healthyathome/>

Thursday, Nov. 5, 12:30 to 1:00 p.m.

Session Two: Eat Like a Superhero

Presented by:

Lynn Kistler, MS, RD

Healthy You for Life, Children's Hospital of The King's Daughters

OBJECTIVES:

1. Describe the biochemical science of vitamins and how vitamin supplementation significantly impacts pediatric nutrition.
2. Implement healthy eating at home during COVID-19.

RSVP Now: <https://brockinstitute.eventsmart.com/events/eatlikeasuperhero/>



Thursday, Nov. 12, 12:30 to 1:00 p.m.

Session Three:

Pediatric Obesity & Emotional Health: Considerations for Care during the Pandemic

Presented by:

Jennifer Livingood, MD

Pediatric Associates, Children's Hospital of The King's Daughters

OBJECTIVES:

1. Administer mental health screening tools in pediatric primary care.
2. Apply best practices of addressing emotional health in relation to nutrition and obesity.
3. Explain the positive impacts of promoting social connectedness.
4. Build resilience in children during and after COVID-19.

RSVP Now: <https://brockinstitute.eventsmart.com/events/considerationsforcare/>

Thursday, Nov. 19, 12:30 to 1:00 p.m.

Session Four: Movement is Powerful

Presented by:

Wendy Schofer, MD

Urgent Care, Children's Hospital of The King's Daughters

OBJECTIVES:

1. Explain how physical activity contributes to a healthy life.
2. Propose various physical activities during the COVID-19 pandemic.

RSVP Now: <https://brockinstitute.eventsmart.com/events/movement/>