



UP-TO-DATE FROM THE MULHOLLAND SOCIETY

HAVE A GREAT SUMMMER!

Page 1 - Intro Page
Page 2 - Message
from President Joey
Page 3 - Dean
Keeley's Corner
Page 4 - INOVA
Gym Updates



UNIVERSITY
of VIRGINIA

SCHOOL *of* MEDICINE

MESSAGE FROM PRESIDENT JOEY

Hey friends,

Happy summer from Joseph and the Mulholland team! M1s, congratulations on finishing your first year and I hope your "last" summer vacation is off to a great start! M3s, congratulations on making it halfway through clerkships! M4s, congratulations on now being a Varsity M4™ and nailing procrastinating your personal statements! As we embark on our summer journeys, in Charlottesville and around the world, I would like to highlight a few recent updates and upcoming events:

INOVA Gym: We are extremely excited to announce the grand opening of the INOVA Med School Gym! Huge shout out to Caila (gym manager) and Danielle (gym manager) for tirelessly working to get this off the ground, and thank you to Misky and her family for their generous donations! See the INOVA Gym blurb or [website](#) for more details.

Honor Finals Push Higher Grounds coffee tab: Thank you to all who showed out for our wildly successful inaugural Honor coffee tab on May 16! Happy to say that despite finishing the tab before 10 AM, no one (to my knowledge) experienced an arrhythmia. Huge shout out to LP and Nile for making this happen!

Orientation: Your Mulholland leaders are hard at work planning SMD28 orientation! While details are still being hashed out, here are some opportunities for you to get involved:

- **Social Orientation** (led by Taylor and Stephanie): if you are interested in hosting an event (as an individual, group, or club), look out for an email with more details! All students are welcomed and encouraged to host!
- **Welcome Picnic** (led by ATMS): tentatively planned for August 7th in the evening, details TBD. All students are invited!
- **Pirate Party** (led by Ted and Kenny): tentatively planned for August 10th at night, details TBD. All students are invited!
- **Mulholland Beach Bash** (led by Taylor and Stephanie): tentatively planned for first week of Orientation, details TBD. All students are invited!
- **Activities Fair** (led by Kavi and Andy): planned for August 12th, 5:00 - 6:00 PM. If you are a club leader and are interested in showcasing your club, look out for an email with more details! There will also be a virtual activities fair slideshow.

Listserv Updates: We have recently expanded our mulholland-community@virginia.edu listserv to include all students (with an opt-out option)! We have noticed great results in decreasing email volume to the smd listservs without compromising club communication! We ask that you please use the mulholland-community@virginia.edu for all school-wide individual and club communication, and use your club listserv whenever possible.

Website Updates: I am happy to announce several sparkling new pages on our website, courtesy of our webmaster Saagar! Here are pages for the [Charlottesville Lounge and Gym](#), [INOVA Lounge and Gym](#), and [Pre-Med Mentoring Committee](#).

Anti-Phishing Measures: As we were plagued by phishing emails impersonating our Mulholland leaders last year, we have taken steps to (hopefully) prevent this from happening in the future! We will be removing the "[@virginia.edu](mailto:)" from all emails on the website to dodge web scrapers. We are optimistic that this will help thwart pesky scammers!

Here's to an amazing summer filled with friends, food, memories, and good times! Thank you all for everything you do to make our school and community great. Please do not hesitate to reach out (571-253-3770) for any reason!

Cheers,
Joseph



DEAN KEELEY'S CORNER

This is a time for lots of congratulations and lots of gratitude. We are so proud of the doctors of the Class of 2024 and wish them all the best in the next part of their journey. A big congratulations to SMD27 for finishing first year and launching into a great summer that we can't wait to hear about. SMD25 is deciding on specialty and starting to prepare for applications which is something to celebrate and SMD26 is half done with phase 2! Unbelievably, SMD28 will be joining us August 7th and I hope you will all join in welcoming them.

This has been a year filled with challenges, trying times and heartbreak for many. Through all this you have displayed compassion, caring and a commitment to learning, moving forward and improving together. Each of you are integral to the strength of our community and I am grateful for all your contributions.

Take care of yourselves and happy summer!!



UNIVERSITY
of VIRGINIA

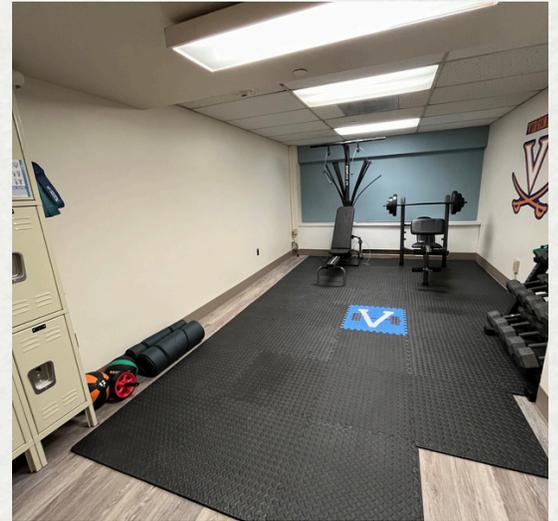
SCHOOL *of* MEDICINE



INOVA GYM UPDATES

We are extremely excited to announce the grand opening of the Inova Gym! The gym consists of 2 rooms, a weight room and cardio room. The weight room has dumbbells from 3-50 lbs, an adjustable bench with a barbell, a Bowflex cable machine, 2 medicine balls, resistance bands, and yoga mats. The cardio room has an elliptical, a stationary bike (with an iPad holder), a treadmill, and a HealthRider total body aerobic machine (functionally similar to a rowing machine). Check out our website [here!](#)

This gym will be run by our Inova Gym Manager, Caila Bachmann, please don't hesitate to contact mulhollandgym@gmail.com for more info.



UNIVERSITY
of VIRGINIA

SCHOOL *of* MEDICINE