

**A Reflection on Our Chapter Newsletter Spotlights: One Year Later**

By Nirupama Madduri, MD, FAAP, Chapter 2 Newsletter Editorial Board Member

The year 2020 was a year like no other. It had its own vocabulary to sum it up: “lockdown,” “Doordash,” “Zoom.” As I reflect on the last year, I thought about how we on the Chapter 2 Newsletter Editorial Board strived for creative ways to remain connected to our members through our electronically written newsletter. Dr. Christine Thang embarked on reinventing our chapter newsletter and invited Dr. Sarah Gustafsson, Dr. Pallavi Kamra, and myself to join her in this endeavor. We added features to allow our members to share their stories with us. Our Member Spotlight has been a wonderful opportunity to learn more about each other and get acquainted with one another outside of clinic notes and sign outs. We also had an opportunity to learn how our colleagues were able to adjust to the changes we were all experiencing.

We were able to learn the benefits of taking time every day for oneself, whether it is exercising at the gym like [Dr. Bravo](#) along with preparing nutritious meals like [Dr. Petko](#). [Dr. Murthy](#), and [Dr. Christman](#) shared with us the benefits of practicing meditation, breathing techniques, and other mindfulness techniques. We learned the benefits of a proper morning routine, to include meditation, exercise, and writing what brings us gratitude from [Dr. Shapiro](#) and [Dr. Ruiz](#). Self-reflection, recommended by [Dr. Wells](#) for our members, is utilized by several of our colleagues who have been featured. Many of us have morning routines, and [Dr. Wang](#) emphasized the importance of greeting everyone with whom she comes in contact. [Dr. Shaw](#) begins her day walking in the early morning hours, and [Dr. Russell](#) uses energizing music to kickstart his day. [Dr. Warus](#) overcomes the challenges of balancing multiple responsibilities by blocking specific times for each task, so he can devote his full attention to patients. Our Chapter President, [Dr. Rajasekhar](#), overcomes the challenges of ever-changing medical practice by serving on several committees and executive boards. Over this past year, each of our chapter member spotlight contributors unanimously found inspiration in caring for children and their families.

Learning about our featured chapter colleagues on a deeper level was a nice highlight of the past year. It was illuminating to see everyone’s experiences, not just in the stresses of practicing medicine, but in accommodating the restrictions thrust upon us during the pandemic. As we now begin to increase our time outside of our homes, we would really love to hear from all of you. If you would like to share your story for our Chapter Newsletter Member Spotlight feature, please email me at [nmadduri@att.net](mailto:nmadduri@att.net). Also, if you would like to nominate another chapter member who has some wisdom to share, please feel free to email me with their name and email. It has been a pleasure to get acquainted with you. I realize how alike we are as well as how much insight everyone has to offer.



Nirupama Madduri, MD is a pediatrician in a private practice clinic in Arcadia, CA, and also is a consultant for the Department of Developmental Services. She serves on the chapter’s Newsletter and the Adverse Childhood Experiences Committees. In her spare time, she tries to strengthen her arm balances in yoga; maintain calm by meditating; and enjoys reading Japanese crime fiction.