



# ASSOCIATION OF PROGRAM COORDINATORS IN RADIOLOGY

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President's Letter  
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Dear Fellow APCR Members,

During the past few years our lives were filled with words like 'unprecedented times,' 'change,' 'uncertainty,' 'COVID-19,' and 'the new normal.' Many of us were challenged and pushed to our professional or personal limits, and perhaps both. Within our departments and institutions many of us experienced reorganization, restructuring, and cutbacks. Our nation and our world faced a pandemic that affected all of us physically and mentally. Despite all the challenges we faced, we remained resilient. We all put our best foot forward, striving to make the best of our situations.

2022 will be the 70<sup>th</sup> Year of the annual Association of University Radiologists (AUR) Meeting. This year's theme is *Sustainability, Climate Change, and Radiology*. In planning for this meeting, we tried to think of how we as coordinators could contribute to this theme. Did the theme ask us to address how we could reduce our carbon footprint? In facing the pandemic, we've addressed some of the environmental issues already. Sheltering in place or working from home meant less commuting to and from offices. Efficiencies were developed to manage work remotely: virtual meetings, conferences, interviews, and even graduations. New applications and systems were implemented providing alternate ways to communicate, teach and work.

But what about our mental sustainability? We struggled with uncertainty and change, and these factors contribute to stress (which I know that many of us are dealing with). In this year's program, we hope to address some of these concerns and discuss how to build better relationships with your program directors and trainees. We also hope to explore ways to improve communication, wellness, and self-care, as well as to provide you with resources and tools to enable you to succeed in your roles as educational administrators. We have a great organization with wonderful and dedicated members. We plan to use this time together to RESET, RENEW, RE-ENGAGE. Collectively, with seasoned members who bring history and knowledge, and new members who bring fresh perspectives and ideas, we are a wealth of expertise and a support system for each other.

It's been too long not to have met in person. Amanda Easton did an excellent job with our first virtual meeting last year, but what I missed most was the smiling and excited faces, the positive energy during in-person interactions, and the transfer of knowledge when we were all together. And though this year's meeting will be a hybrid gathering and we won't get to see everyone face to face, it still feels good that we can reconnect with each other. As humans we are social creatures not meant to be alone or isolated. So, this opportunity to gather is great for our well-being. The experience of the pandemic has reminded me of the importance of connection. Please take this meeting as an opportunity to reconnect and re-establish our relationships with each other. Join the committees. Get involved. Pair with mentors. You are not just members, each and every one of you is a valued contributor to our organization.

The responsibilities we carry as coordinators are enormous. We are tasked with making a program run perfectly. We regularly lead and inspire groups, address unforeseen challenges, manage detailed site visits and re-accreditations, and learn and implement new processes and policies. We must allow ourselves to do the best we can one step at a time. If we fall, we get back up. We may need to take a step back and breathe, because if we aren't okay, we can't do our jobs to the best of our ability. As Lois Shuman said to me, "there were no roadmaps" to do our job. And as Joey Stuckelman said, "we had to relearn our jobs" by finding innovative ways to carry on our responsibilities during the pandemic.

Our founding members fought for that “seat at the table” and I am grateful to them for the effort and volunteer service that built our organization. It was a humbling experience to serve as APCR president. I had big shoes to fill and didn’t want to fail our members. I faced many challenges (as we all have) with projects I wished to have accomplished. However, I know that we have a beautiful support system within our organization. I had the wonderful help of our board of directors, committee chairs, and sound advice from our past presidents, for whom I am deeply grateful. It truly takes a village. I pass the torch to our President-Elect, Tina Hunter, who will continue to lead and help our association grow in the “new norm” and carry on the vision.

We are all in our positions because we chose this career. No! – more so what my program director says is “*a calling*” to help trainees grow in their medical profession. You all are exemplary people who have huge and kind hearts, and a unique ability to nurture and guide. I have been blessed to have served as president for such a wonderful group of people. We truly embody the spirit of what our five pillars have stood for during the past 22 years: Service, Education, Dedication, Support, and Knowledge.

I’m excited to see all of you both in-person and virtually and wish us all a wonderful meeting! Please do not forget to use the Yapp App to connect and view our program schedules and please remember to post photos! The meeting code is AUR2022 (<https://my.yapp.us/AUR2022>). If you want to send pictures from the meeting directly, you can send them to Kim Christman at [Kim.Christman@vcuhealth.org](mailto:Kim.Christman@vcuhealth.org) for our archives and website posting. Get ready to RESET, RENEW, and RE-ENGAGE!

*Melinda Parangan-Chu*

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