

2009 SARAS: PARENT/GUARDIAN FEEDBACK

Some students may not have access in their life to participate with health professionals in particular, and learn about the importance of higher education. These mentors help transform this student into the person he/she is destined to become. There are no other programs in the country like this one. Students enrolled in this program are not sure what they want to do after graduation. I have witnessed many students being transformed into inspiring and passionate youth. This program of lectures and workshops designed to bring awareness to clinical and science awareness is outstanding. The Stony Brook University Medical Center's Blood Bank has been participating with SARAS for the past few years. Our blood bank staff gives expert talks as well as, provides a workshop of the donor room and laboratory. Several of our blood bank student team leader volunteers presented critical information about blood donation. Some blood bank volunteers have personally experienced the importance of blood donation, and had the opportunity to share their personal stories with the SARAS students how blood donation helped saved their life. The first year, we had a group of about 35 wonderful students participate in this program. Now in 2009, over 100 brilliant students are enrolled in the program. The program lasts almost three weeks. The students attend the program from Monday through Thursday, 9:45am until 3:45pm. I am proud to work with such a great SARAS team. The Stony Brook University Medical Center professionals who participate in this program help enrich the lives of the SARAS students. They are enthusiastic about serving the students within this program, and going beyond their areas in the hospital to help the youth of America.

At Christmas this year, my nephew, DeVante King (SARAS ID # 65), shared his interest and desire to learn more about the field of Anesthesiology. DeVante will be going into his junior year at a High School in Nashua, New Hampshire. He was eager to learn more about the medical field. DeVante was playing basketball with his friends one day, and suffered a severe injury. He had injured a rare part of his elbow, and needed emergency surgery. DeVante went through a 5 hour surgery at Children's Hospital in Boston, Massachusetts. He recalled the Anesthesiology doctor before surgery as being kind and reassuring. The pediatric surgeon would help him to become well, and fix this rare elbow break. After this injury and hospital experience, he too wanted to make a difference by attaining more knowledge about the medical field and to further his education after high school. He is now thinking about becoming a doctor. I remembered over the past few years the wonderful SARAS program and the excellence in clinical and science experience learned by these students. I thought this experience would be an excellent match for DeVante to attain knowledge about various medical fields. When the application was available, I sent it to DeVante's mom, Andrea Lindsey to complete. Fortunately, he was accepted to the SARAS 2009 program. I eagerly prepared for DeVante's visit to Long Island, New York, Stony Brook University Medical Center, and to be a student of 2009 SARAS.

Each day, DeVante was exposed to different experts as well as, hands on workshops in varied areas of the hospital. He truly enjoyed all the lunches sponsored by various local restaurants. While DeVante was in this program, he attained a lot of knowledge about science and the medical field. Some areas challenged DeVante to think beyond a 16 year old high school student– this was exciting to him. He learned how to balance the daily hectic schedule at the hospital by listening to music to relax. Towards the end of the program, DeVante shared his great interest in attending college. He also now had many areas of medicine that intrigued him. DeVante moreover met new friends from New York. He learned to be an expert on Helminthophobia, and developed a power point presentation on this rare fear of worms. His visit to the Veteran's Home enlightened him about the geriatric population, and their interests specifically about music. At the Veteran's home, he learned that the patients are called Residents. I am confident that DeVante King will never forget this life experience and the 2009 SARAS program. I believe that his experience at Children's Hospital in Boston, Massachusetts sparked an interest for knowledge of how he could help other children with injuries. The SARAS program inspired him to continue the journey of life, and perhaps

pursue the field of medicine.

DeVante was honored to be a part of such an elite team of students and the 2009 SARAS program this summer. I too believe what is important in life is being passionate about your life, respecting health, sharing experiences especially with our youth and loving family and friends. It's about the relationships in our life that are truly important, and helping others unconditionally with no expectation in return. As a health care professional, I recognize that behind every patient is a family who loves them, and we need to help the patient and family be well. To conclude, I share this with all students who volunteer with me at the Blood Bank (pursuing careers in nursing, social welfare, medicine, dental and other career choices), "I believe in you and the world will too! Have vision and dream, love life you only have one, and to become the best person possible. It is through our efforts in life we can make our small corner of the world a bit brighter." I thank the Department of Anesthesiology for offering such a super program. We are grateful and appreciative of the opportunity the 2009 SARAS provided DeVante King (SARAS ID # 65) this summer.

Jennifer Peace

SBUH Blood bank

Hello, my name is Shemina Lakhani, Rahim Lakhani's mother (#7). As the days went by in the SARAS program I knew my child was getting a better perspective of what he wanted to do in the future because we were always discussing what the lectures were about on that particular day. I always knew that my child wanted to go into the field of science and now he has a more clear perspective of what to do in the future. I also see him doing future research because I always see him emailing different professors, which, makes me happy because he is taking advantage of the situation. There is nothing better than to know that my child is enhancing his education in science, his favorite subject and then discussing it with me.

Thank YOU -- for this wonderful opportunity to participate in your important offering, and for your most generous and delicious hospitality with the group photo and luncheon! I apologize that I had to leave prior to the completion of the ceremonies because of other meeting responsibilities, and look forward to continued participation in the future.

Sincerely,
Kathy

Thursday, July 23, 2009

To all those involved in the S.A.R.A.S., Where do I begin? Before the S.A.R.A.S. 2009 even started I read such interesting things about the program. Based on popular opinion I expected great things from this program-- and I have not been disappointed.

David always has positive things to say about all the topics in biomedical sciences, clinical lectures, workshops, demonstrations, expert views and lunch! We heard all about the dynamic way the lessons were delivered. It was wonderful that the students were encouraged to participate too. We are so pleased that our son has learned so much in such a short period of time.

David enjoyed the sense of humor and animated storytelling and fostering ways of all the speakers. Who else could spend all day in front of a group of young people with such enthusiasm? Teachers, they are a rare breed and some spend more quality time with our children than we do. They are the inspiration to the future leaders of tomorrow.

I want you to know that not only did David receive a great education, but he was happy at S.A.R.A.S., as well. The S.A.R.A.S. Program was an unique, incredible, inspiring experience for

him. The benefits of this opportunity will last a life time.

Thank you for all the hard work put into this program to make it a success. Thanks for everything!

We truly appreciate it, a fantastic job by all! Enjoy the rest of the summer.

The Pirraglia Family

Thanks so much to you and your colleagues for all your effort and dedication to this year's SARAS program. What an incredible experience my son had! Each afternoon, I looked forward to his phone call, excited to tell me about his day, what he learned and who he met. Our son's participation in your program exceeded our expectations. He came away with a greater appreciation for medical professionals and professors who dedicate their lives to helping others, clarified for himself that he would like to pursue a career in medicine and possibly attend Stony Brook, became more confident after living in the dorms on his own and made many new friends.

Again, I thank you and I wish you continued success and support with the SARAS program!

Sincerely,

Diana Lau

I would like to thank you for giving me the great opportunity to speak in front of the SARAS students. It's amazing how you manage to run this program so efficiently every year, and the way it's been so helpful for high school students in learning about biomedical sciences.

I will start my MPH in the 'Evaluative Sciences' concentration at Stony Brook this fall, and I plan to apply for Ph.D. program in Population Health and Clinical Outcomes Research at Stony Brook next year. I would truly appreciate any suggestion/ advice from you. Jennifer also felt that you would be a great person for academic advice.

I look forward to hearing from you!

Thank you again,

Farzana

Thank you once again for the valuable and unusual service you have performed by creating the SARAS program. Our son has always expressed interest in scientific matters, taking possession of all scientific periodicals in our home and giving himself thought problems (asking in preschool why a pregnant woman's immune system doesn't reject a fetus, designing within- and between-subjects research questions when swallowable cameras were invented when he was seven or eight, more recently researching and comparing solar lantern models for particular applications, and so forth). But where should such a kid start? SARAS provides much-needed exposure to working professionals, science teamwork, and the cutting edge of scientific discovery and its application. Affording curious kids an overview of so many different fields and methods will help them make informed choices in their research and careers. This will benefit them as individuals, and hopefully contribute to our society as a whole.

Ben was thrilled with the exposure to so many different fields and practitioners that SARAS afforded. You have planted many seeds which will grow over the months and years ahead, regarding which types of research will be a good match for his skills and interests, and which career paths hold promise. The feedback assignment provided an enjoyable opportunity to reflect on what he learned and connect with professors by asking thoughtful questions. It was particularly exciting when the professors were kind enough to answer with informative responses. As a mother I was thrilled for my son to begin to feel connected to a community in which **curiosity** and **generosity** play such important roles.

It will be a pleasure to extol the virtues of SARAS to the "powers that be." Ben himself will not be able to do so for several weeks, as he is at camp with extremely limited computer access. If you have any further correspondence for Ben, I will gladly print it out and forward it to him at camp.

Thanks so much again,
Julie Hirschfeld

Once again you did a marvelous job of not only organizing this year's SARAS, but also making it a pleasure for the faculty to participate!

You make us "want" to come to class.

Thanks again and congratulation on a job VERY WELL DONE

Raafat

Dear SARAS Coordinator,

This is feedback from Jonathan Aharon's mother.

I was very much impressed with the program and the level of organization in SARAS series. Students and their parents (if they were smart enough to give the coordinator their e-mails) were well informed about the program activities and assignments on a daily basis. Everything was thought thru and exceptionally well planned.

I was very touched by note that the kids were supposed to bring 'nice' set of clothes for the last day and it was sent right on time for the kids who were coming home for the weekend. Those little 'touches' make the whole experience unforgettable.

My son entered the program with more curiosity than excitement about the medical field ... after 3 weeks of SARAS he is committed to this field. He will start his EMT rotations this coming Sunday. SARAS also gave a 'special' prospective about the Stony Brook .. Now SB is my son's first choice of college.

The program was exceptionally informative and what matters the most it did not consist of the lecture style presentation alone. The kids truly enjoyed the lab sessions and any hands on experience.

I also have to express my thanks to the Housing Authority. Jon stayed in the dorm and loved each and every minute. RAs were very helpful and tried to do their best to make the stay problem free.

It brought me almost to tears watching the kids saying last good-byes last night. They were so sad that the program went so fast and was finally over.

Thanks a lot for great three weeks in SARAS.

Helen Aharon

"For better or worse, there are few occupations of a more satisfying character than the practice of medicine, if a man can but once get *orientirt* and bring to it the philosophy of honest work, the philosophy that insists that we are here, not to get all we can out of life about us, but to see how much we can add to it." -Sir William Osler

Dear SARAS coordinator

I came to you two years ago as a bewildered college student who felt that more and more doors were being closed to me as I approached graduation. I had little hope of gaining entrance to medical school (my one true passion), and had no ideas about what to do otherwise. What a perfect time for me to be introduced to the Science and Research Awareness Series! That entire summer I volunteered with your program, and subsequently had many doors, if not entire hallways, opened to me directly as a result of my involvement.

This summer, I came back as a second-year osteopathic medical student (who, admittedly, is still a bit bewildered), and I feel that I learned as much from your speakers as well as your students as I did in 2007. The questions your students asked showed that they are eager to learn and share my passion for medicine and research. The answers the speakers gave reflected that they are equally eager to teach and nurture that passion.

There are very few programs that put such an emphasis on reaching out to young minds and encouraging their participation in lectures and hands-on activities. As Sir William Osler states in *Aphorisms*, you truly strive to add to more and more to the SARAS program each summer, rather than to seek what you can gain from it. For this very reason is why so many of us come back year after year, and why I am happy to volunteer as much time as I can. I look forward to next year!

My very best wishes for your continued success-

Holly Ringhauser, B.S.

OMS-II, Touro College of Osteopathic Medicine-NY

To all of the people who made the SARAS program possible, I just want to thank you for your hard work. My daughter has always been uncertain of what she wanted to do for a living mostly because she did not know what was available. Now I can say that she still has no idea, but now it's because she knows that there is actually a vast amount of opportunities out there. As she enters her senior year in high school, she now knows for sure that she would like to major in the sciences in college, and she has even said that she may apply to Stony Brook University because of her SARAS experience. She made many friends during the program and enjoyed learning about the various topics together. I am sure that she will never forget this summer experience and I know that SARAS will play a big role in her eventual career choice. Thanks for giving her a wonderful, educational experience!

Jesuah Villamor

As parents of a 15 year old girl who had finished ninth grade and was looking to do something positive during the summer, something important and something which enriched her knowledge, I must say that SARAS at Stony Brook was a miraculous find. In just 3 weeks/4 days a week, SARAS has helped her to develop her thoughts so much further, and shown her so many aspects of Health & Science. We find that she is so much happier and excited at the prospects. Thank you for stirring up and encouraging her excitement and thirst for knowledge further. Personally too, we looked at the SARAS Program contents and could not help but marvel at the wealth and exposure of knowledge which SARAS is providing the students. SARAS is therefore helping in a good way, at shaping the lives of the

future generation and thereby our great nation. Before enrolling our daughter we were not sure about what SARAS will do, now we cant wait until our next child, our son can come of age to join & experience this program. Our heart felt thanks to you all for this considerable effort. We hope that somewhere down the road, our children can associate again with the great institute of Stony Brook.

Ram & Sangita Matlani

Parents of: Ms. Kiran Matlani (SARAS 2009)

Sarita Shah

I am the mom of Aneesh Shah # 44. All that I can say is that this program has definitely changed my son. At first I thought that this is an educational program that can benefit my son and keep him busy. As I heard from my son about all that he did in camp, my views and opinions changed. Thank you for making my sons three weeks of his summer “amazing” as he said. I am a little surprised of the award he got “Ms. Congeniality” but he said that it was a joke. I have to admit when I first heard it. I thought that it was pretty funny myself. He definitely enjoyed it and I enjoyed listening to all of his comments and stories about this camp. I will definitely recommend this camp to all of my friends and also I am looking forward to sending my daughter there too. I know that she will love this camp as much as he did or maybe even more.

My wife and I thought that the 2009 SARAS would be a great summer program for my son, Richard, even though commuting time would be almost four hours for a round trip from Great Neck where we live. We were right. Richard learned a lot not only from professors, scientists and experts at the SUNY Stony Brook, but also from students in the program. It appears that he got deeper understanding of how important it is to save people’s lives and more enhanced and broadened vision with respect to his future career.. We are thinking about sending our younger one to this program later on.

Philip Dongsoo Hong, Jinseok Kang

Parent Reflection

I am a parent of one of the participants who attended SARAS. I just want to say thank you for organizing such wonderful program for my daughter. It was wonderful to see that so many young people wanted to learn new things over the summer. I know that this was an amazing opportunity for my daughter and I am sure that this program will benefit her in the future. I wanted to say thank you to all those professors, and sponsors who made this program possible. It opened up my daughters mind to new experiences and different types of medical professions. It exposed my daughter to various professions in medicine. Thank you for making this programs such a positive experience for my daughter. I appreciate all the hard work you put into running this summer program. My daughter had a great time at SARAS. Thank you for organizing such a great program. My daughter truly enjoyed the experience.

Father: Wookan Ip

Thank you for the SARAS program at Stony brook Medical Center, it was really a wonderful and remarkable opportunity our son, Matthew Mayers(#59). On the first day of the program, the SARAS staff erased any apprehensions regarding the program, by being so professional, pleasant, helpful and gracious. We are truly blessed to have such an innovative, informative and intellectually challenging program that empowers and encourages our future medical leaders. Matthew has indicated to us that he feels a sense of responsibility to make the right choices now, because it will have an impact on his future career choices. Thank you to all the program participants for presenting these choices in the medical field so eloquently. We have always said to our children, "To whom much is given, much is required", the SARAS program made this statement very real to Matthew. Thank you again, for an extraordinary learning experience.

Respectfully,
Anthony and Pansy Mayers

Greetings,

My son, Tanuj Sharma (ID # 23), participated in the SARAS program this year. He is very happy with all the valuable information he has gained in this program. He spoke highly about the organization of the program. I am a science teacher and would like to take this opportunity to offer my help as a volunteer for your program.

Thank you.

Mrinalni Sharma, Ph.D

My daughter came home every weekend, full of new stories to tell about the people she met and the things she learned at SARAS. My daughter never spoke about her daily life with me until she went to SARAS. She was ecstatic about the things there, trying to educate her father and me on the things she learned. When she started describing how she put in the IV, I had to ask her to stop because she started to describe it so vividly it was making me queasy – it made her that excited to talk about. She is really interested in ‘Proteomes’ and wants to email the professor that spoke about it on doing a research project with him. I have no idea what they are, but I’m afraid to ask because then I know she will never stop talking about it! I’m so happy she enjoyed the program and want to thank you all for helping this come together. Please never stop this program because it really is a great thing.

Cecilia Fong

Thank you for your support of the SARAS program. My son Benjamin truly benefitted from the valuable and unusual service the program provides. He had always expressed interest in scientific matters, taking possession of all scientific periodicals in our home and giving himself thought problems. But where should such a kid start in considering career paths? SARAS provides much-needed exposure to working professionals, science teamwork, and the cutting edge of scientific discovery and its application. Affording curious kids an overview of so many different fields and methods will help them make informed choices in their research and careers. This will benefit them as individuals, and hopefully contribute to our society as a whole.

Ben was thrilled with the exposure to so many different fields and practitioners that SARAS afforded. You have planted many seeds which will grow over the months and years ahead, regarding which types of research will be a good match for his skills and interests, and which career paths hold promise. It was

particularly exciting when the professors were kind enough to answer with informative responses. I was thrilled for my son to begin to feel connected to a community in which *curiosity* and *generosity* play such important roles.

Sincerely yours,
Julie Hirschfeld

Please extend our thanks to all who made the SARAS program possible. The students had exposure and access to extraordinary medical professionals who volunteered their time in order to inspire a new generation. Every day my son came home with knowledge he could not have gotten anywhere else. He was truly impressed that such prominent medical professional interacted on such a personal level with the students. Their dedication and passion for helping others was apparent and they served as role models that these students' dreams of working in this rewarding professional environment could also come true.
Rosemary and John Giambrone

My daughter Ruchi had a great time at the SARAS program. She learned many new things and had fun. Ruchi came home with new stories every day. She mad new friends and met many professors. Ruchi was so excited about the program and loved the experience she had. Thank you for organizing such a great experience for my daughter. Keep up the good work.

~Pragna Shah

In July of 2009, two of my children were fortunate enough to participate in the SARAS program at SBU. Both my children and I were grateful to find such an intensive and educational summer program where they were also able to have fun. Because my daughter and my son are both aspiring physicians they found this experience a once in a lifetime introduction into the wide and wonderful world of medicine. Every morning they looked forward to what they would be introduced to during that day and each evening they were eager to share what they learned and explored.

I am thankful for the SARAS program, for the dedication, and for the support of the Stony Brook Anesthesiology Department. Also, I applaud the physicians, social workers, nurses, researchers, administrators, students, and even the food service providers, for their support in this enormous endeavor. Because of their continued sustenance, this program and others like it, the future of medical science is bright with possibility. It is young adults like the participants in SARAS that will work to better the science and better the care given to those who need it.

Therefore, on behalf of my children, Mary and Scott Rossillo, and myself, I wish to thank you all for allowing programs like this to exist in our community. Because of the instruction and support that my children received in SARAS any doubts about wanting to work in the medical field and pursue their interests in college have disappeared. They are steadfast in their desire to be physicians now more than ever. Thanks to all who support the SARAS program.

Sincerely,
Amy C. Dittler

We think the SARAS program was very well structured and coordinated for the students. From what our daughter has told us, she gained immense knowledge in the many facets of the medical and research fields. We feel it was a great exposure for the students to visit the various labs and hear from the highly respected and educated faculty at the university and hospital.

We hope the program will continue in the future and it is certain that it will inspire many young people to pursue careers in the medical and research fields.

Thank you,

Arnold and Sattie Davidson

Parents of Amorita R. Davidson

My daughter like any high school is quite confused about what professional path to take. Fortunately she is interested and quite good in lot of areas like science, math's and arts. She mostly associates to professions thru various shows she watches on TV like DR House, Forensic scientists in Bones and so on. She is only sure about one thing; she doesn't want anything to do with computer because both her parents are in that field.

I really wanted her to attend a program which will give her insight into medical profession various options with in this field and SARAS gave her that opportunity. Tanya had a great time during 3 SARAS weeks and imbibed lot of information. I can't Thank you and your colleagues enough for putting so much effort in organizing the program. I am really amazed at your enthusiasm.

Also it's good to know about Stonybrook, a great school here in Long Island. It will definitely be on Tanya's list schools.

God bless you and keep it up.

Regards

Kavita Jain

(Tanya Jain's mom)

It gives me great pleasure to thank you for your contribution towards the great learning experience and the confidence that my daughter Amber Shaikh (# 34) gained during this 3 week program at Stony Brook. Every day she came home with a new level of excitement about the health sciences.

Thanks again for your support.

Sincerely,

Salam Shaikh

Hello,

Thank you for hosting the SARAS program. I can tell that my son learned a lot from this program. My son always told me about what happened during the day in the car ride and during dinner. He is more excited

about getting into the medical research field after participating in this program. I also would like to enroll my other 3 children into this program when they enter high school. Thank you for your cooperation.
From, Mrs. Gilani (Ali Syed's Mother)

To SARAS organizers:

Thank you so much for organizing the SARAS program.

It was very beneficial to my son.

He would come home every day telling me all the interesting things he learned.

The professionals taught him so much, and opened up a lot of doors for him.

He is much excited in pursuing a career in science.

I am very grateful that you made this program.

Malka Vazana

I know this might be a little late but I would like to send you my reflection about SARAS. My daughter, Nabiha Syed sent you her reflection a couple of months ago. I personally think that this SARAS program was an eye-opener for us about the many opportunities there are in the health care professions. Nabiha learned so much about different areas of medicine and she really enjoyed the program and listening to the doctors informing students about their careers and daily routines.

As this program was beneficial for Nabiha, I would send my younger children to participate in a couple of years.

I thank you for putting so much effort into the program so that it was a huge success.

Best regards,

Iqbal

THIS IS OWAIS HASSAN'S MOTHER THANKING YOU FOR INTRODUCING AND EDUCATING MY CHILD TO SO MANY DIFFERENT FIELDS IN MEDICINE AND IN SOME CASES GIVING THE KIDS FIRST HAND KNOWLEDGE OF THE FIELD AS WELL. (EX. DRAWING BLOOD, DOING CPR, TAKING CARE OF ELDERLY).

THIS WAS A VERY GOOD EXPERIANCE FOR OWAIS AS WELL AS FOR ME. I HAVE NOTICED GREAT CONFIDENCE IN HIM AND NOW IT LOOKS LIKE HE HAS A BETTER IDEA OF CHOOSING A FIELD. THIS IS REALLY A VERY GOOD PROGRAMME AND I WILL SURE TRY MY BEST TO PROMOTE IT ON MY BEHALF.

IN THE END THANK YOU FOR ALL YOUR AND YOUR TEAMS SUPPORT AND HELP FOR THE PERIOD THEY STAYED WITH U.

ONCE AGAIN THANK YOU SO VERY MUCH

OWAIS HASSAN'S MOM

EDREIS S.

Thank you for sponsoring my daughter to SARAS, I really appreciate it. She enjoyed the experience she

has during the three week session and she was overwhelmed by the things she learned from it. This is truly a good service you provide for these kids who loves science and also some of those who are aspiring to be a future doctor like my daughter.

I hope you continuously do this program because a lot of kids benifit from it.

Rowena Abesamis

Program started with good note as the opening day sessions were interesting. Phobia presentation assignment lead to ample amount of curiosity, topics selected seems very interesting and Garima certainly came to know a lot about various phobias. Trip to Veterans home was interesting including the interaction with WWII veteran was a rare and special experience. Session on Diabetes was very well presented and expert really made a thorough explanation. Finally we came to know about the magnitude of Stony Brook as an institution, University certainly has a lot more options then we knew earlier. Overall three weeks SARAS 2009 program was a good learning opportunity for Garima and would benefit her in her collage and career selection.

Best Regards

Satish Yadav(Garima's Dad)

I would like to appreciate all your efforts for organizing the SARAS program.

Omid enjoyed it very much and learned a lot. Looking forward to more similar programs in Stony Brook Medical Center.

Also, thank you for recognizing attendees' talent and appreciating them with awards.

Best Regards,

Nazanin Esmaili

SARAS has been a great learning experience for my daughter, Abir Ahmed. She is exited to learn more about the Healthcare professions and she enjoyed every minute of SARAS. I would recommend anyone thinking of going into the healthcare professions to participate in SARAS. The lecturers sounded interesting and ardent about what they do. I wish there was a program around like SARAS when I was in high school. Overall, SARAS was a great program for Abir and I'm ecstatic to see her so interested in research.

Sincerely,

Bashir Ahmed
