



## YES Newsletter-October

**Get to know your committee member: Sumitra Khandelwal, MD**

**Social media handles:** Instagram: sumi\_khandel

**Do you have an OR “quirk”?** I have special OR socks—they are fun patterns and long enough that they keep me warm in the OR. Right now I'm wearing ones with hot dogs on them.

**How do you unwind after a stressful day?** Going home, the first thing I'm greeted with are three crazy kids jumping all over me. In some ways that destresses me, seeing how happy they are to see me despite the fact I was at work all day. But the real stress relief is after they are all asleep: I have a glass of wine and watch old Friends episodes and zone out for 30 minutes.

**If you could only eat one food for the rest of your life what would it be?** Definitely popcorn

**What is the most unique place you've traveled/visited?** New Zealand has been hands down my favorite trip. My husband and I went there right after we got married and explored both islands.

**Who is your hero?** My mom is my hero. She did it all—busy career as a physician, medical director, raised two kids, and somehow still has a social life and hobbies. She told me that her philosophy was only she could be a good wife, mom, and doctor in her world, but everything else is OK to outsource.

### Have you seen our new webpages?

The [YES membership pages](#) on the ASCRS website have been refreshed. The YES page is now designed to be a hub for YES-related activities with dedicated pages for the [YES Connect webinars](#), [Residents and Fellows Roundtables](#), [monthly newsletters](#), and more.

[Check this page](#) regularly for updates and new YES content.

### Gear Up for a Full Fall: Educational and Networking Opportunities

There are several returning and new ASCRS educational and networking events continuing this fall:

- **New! YES Connect Webinars:** This new webinar series, focused on practice-related and non-clinical topics, enjoyed a successful launch last month and is back with the second installment—“[Social Media in Ophthalmology](#).” This YES

Connect Webinar features Ashley Brissette, MD, Shawn Lin, MD, Amenze Osa Orirafo, MD, and Dagny Zhu, MD. It's on demand now, so check it—and prior webinars—out on the [new YES Connect Webinar](#) page.

- **ASCRS Grand Rounds:** Experience faculty and your colleagues from other residency programs in this monthly grand rounds-style virtual event, join us Wednesday, October 27 with the UCLA Jules Stein Eye Institute. Find more info and check out past recordings [here](#).
- **ASCRS Journal Club:** Mark your calendar for the upcoming Journal Club on November 9 at 9:00 p.m. ET. Find past recordings [here](#).
- ***Ophthalmology Quicksand Chronicles* Podcast:** The latest *Ophthalmology Quicksand Chronicles* podcast with hosts Elizabeth Yeu, MD, and Nicole Fram, MD, features Lisa Arbisser, MD. Watch or listen [here](#).

### **Are You Attending AAO in New Orleans?**

Join ASCRS for [20/Happy in 2021](#), November 13, 5:00–9:00 p.m. CT at the Hilton Riverside, St. Charles Ballroom. This CME program is the expansion of the popular [20/Happy in 2020: ASCRS Master Class in Refractive Cataract Surgery](#). The program will feature expert faculty, covering new presbyopia-correcting IOLs, essential preoperative screening, explaining IOL options, intraoperative refractive technology, and managing the 20/unhappy patient. The evening will also include refreshments and networking with the esteemed panel and additional non-CME education.

### **YES Member Benefit Highlight: Leadership Opportunities**

YES members are afforded unique opportunities to not only engage with leadership but assert leadership on their own. For example, ASCRS YES members are encouraged to apply for the Legislative Fly-In scholarship in Washington, D.C.

### **Helpful Links and Resources**

- [ASCRS YES Membership](#)
- [ASCRS Clinical Education](#)
- [ASCRS Online Tools](#)
- Official YES Hashtag: #ASCRSYES