

Fall 2021

President's Message from Margaret Hoogland



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Welcome Back & MDMLG Updates for Fall 2021

It's September and I wanted to briefly share some opportunities to get involved with MDMLG and some scheduled events for 2021.

September 16th: 1-3 pm

1-1:45: Attend and vote on the Proposed Bylaws Change (Ella Hu); Get Involved with a Collaborative Project (Val Reid), Tune in to learn how you can contribute to MDMLG Newsletter (Brianna Andre)

1:45-1:55: Stretch your legs, wander about the office, wave and/or pet your furry companions, or get your notetaking things in the correct spot.

2-2:45: Dr. McCullumsmith, Chair of the Neurosciences Department at The University of Toledo, discusses ways to repurpose approved medications to improve how clinicians treat patients.

2:45-3 pm: Question and Answer Time

MDMLG Future Plans TaskForce

A new year presents new and existing (Sniff, Sniff – Covid-19) challenges and many opportunities! I am working with Board Members to review and to propose ways that MDMLG can better serve our members in the upcoming years. We would like to invite up to 5 people to work with us on this initiative. We will be doing lots of asynchronous work and we will plan deadlines around your schedules. We invite you to take a few minutes and to contribute to the [Padlet](#). All comments are anonymous and they will be reviewed before they are made public. For more details or to join us, please email margaret.hoogland@utoledo.edu.

November 2021

Join us for a webinar with Whitney Townsend, The University of Michigan, and learn about ways to navigate and successful obtain Authorship on Systematic Reviews.

That's all for now – tune for the next MDMLG President's Update to learn about our Spring 2022 plans.

Margaret Hoogland
2021-2022 MDMLG President

BUSINESS MEETING

DATE/TIME: Thursday September 16, 2021 from 1:00-3:00pm

1:00 2:00 MDMLG :45-1:00 pm – Break

2:00 – 3:00 **Speaker:** [Robert McCullumsmith, M.D., Ph.D.](#) Neurosciences Institute, College of Medicine & Life Sciences at the University of Toledo.

Topic: Reusing or recategorizing existing medication to treat different diseases or conditions

No map or directions needed – online meeting. Link in email from Monday 9/12/2021 from Margaret Hoogland.

LifeHacks

by Jill Turner

This MDMLG business meeting and programming will include a presentation from Dr. Robert McCullumsmith, Research Director of the Neurosciences Institute, University of Toledo on the topic of re-using / recategorizing existing medication in order to treat diseases or conditions outside of their stated purpose. This topic got me thinking about what else we re-purpose - which in turn led me to “life hacks”. For example, did you know you can use a strip of spaghetti to light a hard-to-reach candle wick? Or, a length of un-flavored dental floss can be used to slice soft foods (e.g. cake)? Or, an old pen spring can be used to protect mobile device charger cords from wear and tear?

In doing a bit of research on the subject, the first thing I learned was that, technically, I do not use the term “life hack” correctly. The [term originated](#) in 2004, created by a tech journalist (Danny O’Brien) while attending a technology conference. He used it to describe the personal computing scripts coders write for themselves in an effort to streamline their workday and increase their productivity. Since then, the term has been co-opted by those outside of the tech industry and the [definition broadened](#) to mean any “tip, trick, or efficient method for doing or managing a day-to-day task or activity”. I (and others?) have even broadened the concept further to include clever tips or tricks for managing any task or activity – not just daily or repetitive ones.

The ingenuity of some of the life hacks I have come across during my research is amazing. For example, one site suggested using trimmed pool noodles to keep boots upright. I was curious if MDMLG members had any favorite hacks. I sent a message to the MDMLG listserv asking readers to send me their personal favorites. I received a very interesting array of responses:

- Use whiteboards and paper to create timelines to keep projects on track (Margaret H.)
- Split cello (or other instrument) practice into morning and evening sessions to help with focus and consistency (Margaret H.)
- Use dryer lint for kindling in a fire pit and spray oil and newspaper rather than lighter fluid for a grill or fire pit (Steven)
- Compost. We should all be composting. (Steven)
- Use smart plugs. (Steven) Author comment: I have to agree with Steven. Smart plugs are awesome! Beware – they are addictive. We started with one in my house – we now have most of the house hooked up.
- Purchase kitty litter in bulk to refill kitty litter jugs. Cut off the bottom of a detergent bottle to use as a funnel - it fits snugly into the jug opening. This technique also works well for sidewalk salt during winter. (Mary C.)

- Store bulk birdseed in empty kitty litter plastic buckets. (Mary C.)
- Remove permanent marker with rubbing alcohol. (Mary C.)
- Crunched for time? Claim store bought cupcakes or cake as your own by flattening professional pastry bag frosting decorations with a butter knife to make it look homemade. People will never know. Author comment: I was tempted to let the sender remain anonymous, as she laughingly asked us not to judge, but, Bethany, I know I will use this – and I don't even have the time-crunch excuse.
- Make time to slow down and reflect (e.g. write in a physical journal or online (e.g. Roam Research). It helps clarify thoughts, set priorities, and care for mental health. (Jolene)
- Dropbox for everything: folders for travel docs, scans of documentation, etc. (anonymous). Author comment: We use Evernote at my house, but I agree. Having online access to personal documentation has come in handy more than once.
- Practice yoga. Many of us sit hunched over in front of a screen for far too long. Get some stretches in! (anonymous)
- Before leaving for vacation, lay out clothes for the first day back at work. It eliminates one chore when returning to the work week (Elizabeth B.)
- Keep a legal pad at work that's divided into annual report evaluation areas (Professional Performance, Service, Scholarship) to more easily track activities when composing the report. (Elizabeth B.) Author comment: Great idea! I do something similar, and it saves me a lot of time each year.
- Headache Hack: Try swishing water in your mouth for 15 seconds and then swallow. Repeat two more times. If minor dehydration is the cause, this will remove the headache. When you have water in your mouth for that long, it allows your brain to realize water is available and the body does not need to conserve water resources. (Shirley). Author comment: I can't believe I'm saying this, but I can't wait to try it!
- Pack a healthy snack (e.g. apple, hard-boiled egg, almonds) when leaving the house for more than an hour to keep from being distracted by hunger and from eating junk food because it's convenient. (Alexandra) Alexandra also commented chances are she has carrot sticks in her purse.
- Got something you need to do every day (e.g. take meds)? Start giving your cat a treat right before you do it. You may have trouble remembering but your cat certainly will not. The hack comment said a cat wrote the hack) (Alexandra). Author comment: Haha – This makes me laugh every time I read it, and I've done so about 20 times while I was writing this column.

- Pack grapes (after washing and removing them from their stems) into a sealed plastic bag when you travel. That way, you'll have moisture when you're thirsty, without a lot of liquid that will make you have to stop and go to the bathroom. (anonymous)
- Use your turn signal. It makes driving so much easier! (anonymous). Author comment: I am guessing this was contributed by a frustrated commuter shortly after arriving at the office. Less of a life hack and more of a reminder to be courteous while driving. As I frequently remind myself, people can't read my mind – if I want to change lanes, I need to let people know by signaling. They are not going to magically deduce I am going to exit the freeway and need to get over.
- For less mess (especially for kids), turn the butter dish upside down – use the top to contain the butter and the bottom for a lid. The butter stays inside! (Margaret D.) Author comment: This is another one I can't wait to try. Genius!
- When peeling and eating a banana, turn it upside-down. The “stem” can be used as a handle. It is much easier to peel from the flat bottom than using the stem, which sometimes mashes the top rather than opening the fruit. (Jill) Author comment: That tip came from my son many years ago; he had been watching a nature show with monkeys, and that's how they were eating their bananas.
- When staying at a hotel, use the hangers with the clips to hold the drapes closed, eliminating the small slit that always seems to occur. (Jill)

There are a variety of websites devoted to life hacks. Many contain similar content, and they are easy to find. However, I will leave you with one more “hack” that floored me. The site called it a hack, but it is really a rule of the road. When driving on the freeway, the green-colored city/road signs also tip drivers as to which side of the road the exit is on. If the sign is on the top left, it's a left exit. If it's top right, then the exit is on the right. I was “today years old” when I learned that.

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NEWS AND ANNOUNCEMENTS

Nancy Bulgarelli has stepped back from her role as director of the Medical Library at the **Oakland University William Beaumont School of Medicine** to a faculty librarian position in the Oakland University Kresge Library. The OUWB Medical Library director position will be posted soon.



Due to the ongoing COVID-19 pandemic, the **MHSLA Annual Conference** has been postponed until 2022. The conference will now be held October 10-12, 2022 at the Crowne Plaza Detroit

Upcoming Conferences Mostly online

[Information Today, Inc. Industry Events \(infotoday.com\)](http://infotoday.com)

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