

# UAMS Internal Medicine Wellness Committee

## September Edition



### Cultural Day - Texas Edition

Catch a sneak peek at our last Culture Day - Texas Edition here! If you missed it Jake Smith, Chloe Sarfatis, Shannon Brewer, and James Mazzo served up some Texas sized facts and our residents enjoyed BBQ sandwiches. Join us next time for Culture Day - Brazil Edition!

### Culture Day - Brazil Edition

October 28th, 2022 @ 12-1p

Location: TBA on UAMS IM Teams

Click for more on: WELL-BEING  
AND DIVERSITY, EQUITY, AND  
INCLUSION

“

*I'm really enjoying her H&Ps and taking care of patients she admitted. She is doing great work and should be proud.*

”

~ Anonymous Shoutout for Dr. Madison Morris

## September Celebrations!

Vidhu Vadini 9/1

Hadeel Al-Fares 9/3

Juarez Braga 9/5

Amudha Kumar

Vignesh Chidambaram 9/11

Katie Moreaux 9/15

Joey Vanscoy 9/24



## Program Wellness Events Off-Campus



Come join us from 6-8p on reserved lanes for UAMS IM Residents and show off your skills. Shoe rental prices not included.

August 24th, 2022

[Link](#)



Come fill up your tummy with some of the best snacks the city has to offer! The 2022 line up features funnel cakes, nachos, BBQ, and so much more! The UAMS IM group plans to meet up at 1p outside of Three Fold!

September 11th, 2022

[Link](#)



Come check out local vendors in one of Little Rock's historic neighborhoods and celebrate the season of fall! There will be drinks, live music, and local beer.

The UAMS IM group plans to meet up at 4p outside of Mylo coffee!

October 22nd, 2022

[Link](#)

Check out the action from **Dust Bowl** below and be sure to join us at the next event!



**Omar Alqaisi aka "99":**

Omar showed some consistency in his game, but overall wasn't able to overcome Dr. Steele.



**The Gang:**

Check out the whole gang setting up to throw down in some healthy competition! Most of us just tried to avoid the gutters, but there are a few budding professionals!



**Matt Steele aka "Baby Avery's Sidekick":**

Matt was able to clutch the win over Omar with the expert guidance of Baby Avery on his hip!

***Please rate your experience at Dust Bowl!***



“

Dr. Mason Harper was praised for his excellent bedside manner. His attending said that he spends a significant amount of quality time with each patient, and they appreciate him.

”

**~ Anonymous Attending for Dr. Mason Harper**

**Program Wellness Events**  
***On-Campus***



### Trivia Time:

Join us 12-1p on September 30th for resident trivia jeopardy style. The questions will be non-medicine related and wild team names are encouraged. The winning team will have bragging rights and a prize! There will be snacks served!

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## Campus Wellness Events



### Koru Mindfulness Events

Application of breathing techniques, visualization exercises, and guided meditation to the specific context and challenges of secondary education developed by Holly Rogers MD, Libby Webb LSW, and Margaret Maytan MD of Duke University.

### Event Dates

Aug. 25th - Sept. 15th 5:30-6:45p

Sept. 13th - Oct. 4th 5:30-6:45p

[Aug/Sept Link](#)

[Sept/Oct Link](#)

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“

*Dr. Einnod Williams was recognized by his attending for 'beautiful reasoning' and his 'fantastic work' in admitting and evaluating a patient with chest pain and syncope.*

”

~ Anonymous Attending for Dr. Einnod Williams

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## UAMS IM Wellness Committee Members 2022-2023

Husam Salah, Chief Resident

Ples Spradley, Chief Resident

Lana Abusalem, Chief Resident

Morgan Tripod, PGY-3

Tanya Savenka, PGY-3

Kayln Holloway, PGY-3

Collette Tilly, PGY-3

Katie Moreaux, PGY-3

Tanmay Gandhi, PGY-2

Madison Morris, PGY-2

Cordell Crisp, PGY-2

Samuil Ivanovsky, PGY-1

Jennifer Cushing, IM House staff

Sarah Levart, IM House staff

Brooke Reese, IM House staff

*If you have any concerns, questions, or new ideas do not hesitate to reach out to a member. If you are interested in becoming a member, please contact one of the chief residents!*

How would you rate the September edition?

