

## October Edition

By: Kayln Holloway, PGY3

### October Celebrations!

Omar Alquaisi 10/10

Fares Mashal 10/11

Jennifer Good 10/11

Daniel Griffin 10/14

Brooke Wilson 10/18

Jeremy Rowe 10/19

Kyle Cook 10/25

Husam Salah 10/26

Jagdeep Kaur 10/31

*Check out our birthday twins, Fares  
and Jennifer!*



“

*Reminder to shout out Jake Smith for staying late on call to help walk me through  
my first paracentesis!*

”

~ Anonymous Shoutout for Dr. Jake Smith

**Program Wellness Events**  
**Off-Campus**



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!

***BONUS: Plans to attend Lost 40 Festival of Darkness afterwards!***

October 22nd, 2022

[Link](#)



Come join us to celebrate Thanksgiving UAMS IM style with a Friendsgiving Potluck at the Murray Park Pavillions. The date is TBD, but please start planning your favorite dishes for the festivity. There will be music, food, and a warm fire!

November, 2022

[Link](#)

Check out the action from **Main Street Food Truck Festival** below and be sure to join us at the next event!



**Alex Squared:**

Check out Alex Clausen (PGY-2) and Alex Howell chowing down on some local BBQ covered fries! They were worth the 45min wait!



**Ples Spradley and Crew:**

Check out our fearless leader and chief, Ples Spradley, getting in on all the great photo opportunities with Alex Clausen (PGY2) and Kayln Holloway (PGY3).



**Ice Cream of the Future?**

Sinthia Alam (PGY-2) and Alex Clausen (PGY-2) enjoying some dippin' dots after testing out some of the local vendors.

***Please rate your experience at Main Street Food Truck Festival!***



“

Dr. Mazzo wrote thorough, relevant, and succinct discharge summaries with special attention to the patient’s discharge medications and with clear instructions for the PCP about the patients necessary follow up

”

~ Anonymous Attending for Dr. James Mazzo

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



## Cultural Day: Brazil

Join us 12-1p on **October 28th** to celebrate Brazil! **Dr. Braga** will be serving up a short presentation about Brazil, and there will be food representative of the cuisine available during the presentation!

### Check out the Residents Enjoying Trivia from September 30th:

Congratulations to Team Potato on knowing the most random facts about the Spooky Season! Check them out showing off their knowledge of folklore, pop-culture, and spooky traditions!

*Give us an idea below of how many people would want a chance to bring down **Team Potato** and have an additional seasonal trivia event by selecting thumbs up!*



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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

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

Oct. 4th - Oct. 25th 5:15-6:30p

[Sept/Oct Link](#)

[Oct Link](#)



Featuring **Ezri** Holloway



Featuring **Flea** Savenka



Featuring **Rosie** McMillan

## 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 October edition?

