

# UAMS Internal Medicine Wellness Committee

## December Edition

By: Kayln Holloway, PGY-3

### Friendsgiving at Murray Park:

Check out the residents hanging out at Murray Park eating delicious food and drinking mulled wine! The weather was a bit chilly but the company was quite enjoyable!

*Be sure to join us at the next off campus event and send you favorite photos to a member of the committee!*

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



“

She was by far the best senior Med-Peds resident I have worked with this academic year, and I was amazed with her compassionate care and respectful attempts to educate me on taking care of our patients

”

~ Dr. Paydak for Dr. Pruitt

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## **December Celebrations!**

**John House 12/2**  
**Alex Clausen 12/5**  
**Tanmay Gandhi 12/8**  
**Matt Steele 12/10**  
**Forrest Woods 12/13**  
**Rohan Seth 12/18**  
**Amisha 12/20**  
**Lucas Carver 12/22**  
**Einnod Williams 12/27**  
**Farah Mazahreh 12/31**



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“

I was amazed with the seamless communication and harmonious work that this resident established with her co-resident

”

~ Dr. Paydak for Dr. Turner

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### **RESIDENT RETREATS:**

Its finally time to celebrate all of your hard work and dedication with two remaining annual retreats in the spring!

The event is family friendly and will include the hospitality of a Little Rock native. Please come and enjoy good food and even better company!



### **DATES:**

TBD but February and March

**Location:** Hidden Chapel at Acadiana  
Acres

[RSVP](#)

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



**November:**

Come celebrate Friendsgiving and the beautiful fall weather around the fireplace at Murray Park Pavillion. The celebration will be potluck style, so break out your grandma's best recipes and share with all of us!

[Sign-up Link](#)



**December:**

Come and join us at the Festival of Lights at the Little Rock Zoo aka GloWild! The theme this year is Dinos! Bring the whole family, and bundle up!

**Date TBA On Teams:**

December 11th, 2022 OR  
December 21st, 2022

[Information Link](#)

[Sign-up Link](#)



**January:**

Come enjoy a movie in close company at the Bowman Pointe movie theater! It will be a private showing, so feel free to bring your own snacks and blankets!

**Date TBA on Teams:**

January 7th, 2022 OR  
January 21st, 2022

[Sign-up Link](#)

“

Richard was super organized, always on top of things, and always a team player!

”

**Anonymous resident to Dr. Spencer-Cole**

“

*Called about a patient's mental status change, diagnosed a L MCA stroke based on examination alone, and had them evaluated by Neurology and in the scanner within twenty minutes!*

”

**~ Dr. Burger for Dr. Harper, Dr. Coleman, and Dr. Mazahreh**

“ [Burt] engaged in evidence based medicine, [was] thorough, and [had] great critical thinking skills!

”

~ Anonymous attending for Dr. Mandrell

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## Program Wellness Events

### *On-Campus*

#### **Resident Appreciation Dinner:**

Join us to celebrate all of your hard work with your co-residents and their guests. Look forward to food, dinner, music, and a photo booth. Wear your favorite cocktail attire.

**Where:** Jack Stephens Spine Institute

**When:** December 10th, 2022 6:30-10p

RSVP



#### **Holiday "Dirty" Santa:**

Make sure to mark your calendar for Dec 21st, 2022 11:30-1:30p for UAMS IM Dirty Santa Celebration! The limit for gifts is \$10 and wrapping is appreciated! There will be food, fun games, and class rivalry! You'll even go home with a gift that your classmates chose!





### **PUUUR-FECT PUPIL AWARDS!**

Dr. Khrais and Dr. Harper were awarded the pur-fect pupil award for the highest amount of attendance in November!



## ***Campus Wellness Events***

### **Internal Medicine - Dessert Potluck:**

Please join the Internal Medicine Department for a classic holiday celebration with an ugly Christmas sweater contest, raffles, and even a hot chocolate bar!

#### **Event Date:**

December 16th, 2022 12-2pm @ Ebert Library



“

*She [brought] her enthusiasm to work and [was] so pleasant to work with!*

”

~ Anonymous attending for Dr. Pulliam

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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

Merit Turner, 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 December edition?

