

UAMS Internal Medicine Wellness Committee

January Edition

By: Kayln Holloway, PGY-3 and Lana Abusalem, PGY-4

A Fabulous Christmas Party:

Looks like everyone was having a great time at our Christmas Party at the Spine Institute on December 10th! We had great food, better company and the best dance floor crew!



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



“

So I worked with Saad Khan on a 24H call. While carrying 2/3 GM teams at the VA, he still sought out to do admissions during the day and overnight. That's the work ethic we need!

”

~A very impressed PGY3 with Dr. Saad Khan!

January Celebrations!

Nicholas Baltz 1/3
Barnes Bloom 1/7
Anthony Northcote 1/17
Austin Morgan 1/20
Emily Pruitt 1/24
Justin McMillan 1/25
Mohammad Khrais 1/26



“

He's been great! Hearing [him] discuss patients shows him as very knowledgeable, and very impressive, especially the degree he knows his patients

”

- Shoutout from the ID team to Dr. Mandrell

RETREAT YOSELF:

Its finally time to celebrate all of your hard work and dedication with two 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:

Saturday February 11, 2023
Saturday March 11, 2023

Location: Hidden Chapel at Acadiana
Acres

Please RSVP by Jan 30th



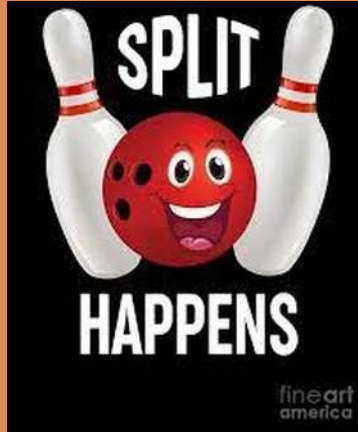
RSVP

Program Wellness Events Off-Campus



December:

Christmas Residents Appreciation Dinner was a hit! We are thankful for the staff and residents that make our program so special!



January:

Resident council is hosting a bowling event at Professor Bowl! Come show off your professional skills! Lanes and shoes are free!

Date:
January 19th 6-8PM



February:

Water Lantern Festival

Date TBA on Teams but
it's happening this
2023!

[Sign-up Link](#)

“

He volunteered to come to his night shift early so another resident could leave early to be with their family. His selflessness and willingness to help others does not go unnoticed

”

~ Anonymous shoutout to Dr. Nedosekin

Program Wellness Events

On-Campus

Holiday Celebration Dec21!

Here are some highlights from our on-campus holiday celebration event! The winners of our Ugly Christmas Competition were Dr. Tripod and Dr. McMillan!



Holiday Gift: Board Edition

There is a UAMS board with your name on it if you haven't picked up yours during our holiday party Dec21! Stop by the chiefs' office sometime this week to grab it!



YOU GET A GOLD STAR!

Dr. Vadini, Dr. Clausen and Dr. Randall all get gold stars for their December Noon Conference Attendance!
Dr. Barnes, and Dr. Spraggins are at a tie for second best attendance!



Upcoming On-Campus Wellness Events

Internal Medicine - Cultural Days

We have a bunch lined up for 2023!

Stay tuned for:

Eastern Europe Day
Louisiana Day
Bangladesh Day

Event Dates:

February 3rd, March 3rd and April 7th!



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 January edition?

