

# UAMS Internal Medicine Wellness Committee

## February Edition

By: Kayln Holloway, PGY-3

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### **SAVE YOUR MONEY!!**

#### **Friendly Reminder for PGY-3 and 4s:**

Make sure to schedule your board examinations before April 15th to avoid the \$400.00 late registration fee for April 16th-April 28th! The link is below!

[ABIM Registration](#)



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

### **Eastern European Cultural Day.**

**ft. Dr. Savenka, Dr. Nedosekin, & Dr. Ivanovsky**



**At Eastern European Cultural day we learned to never turn down salted fish, always speak your true feelings, not show your teeth in photos, and to never wish a Russian an *early* happy birthday!**



“

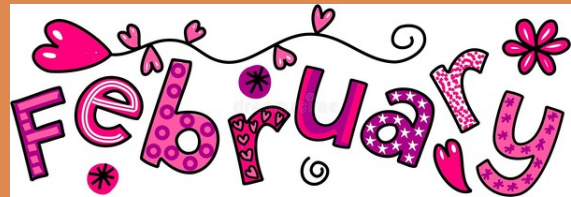
Mason worked effectively to [recognize] that a veteran was not doing well, engaged the correct family member to make decisions, and updated the LST prior to transferring a patient to the Hospice service.

”

~Dr. Moore to Dr. Mason Harper

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## **February Celebrations!**



Trevor Meece 2/4

Kayln Holloway 2/6

Katie Dreher 2/8

Richard Spencer-Cole 2/9

Rebekah Thompson 2/9

Sai Nikhila Ghanta 2/9

Saad Khan 2/10

Jean Wu 2/15

Joshua Hagood 2/26

***Check out our triplet birthday 2/9!***

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“

Nick was always on time for checkout! This made leaving the night shift so much easier!

”

Dr. Maddie Williams to Dr. Nick Baltz

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

**Celebrate Yourself and our  
Medicine Family!**

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

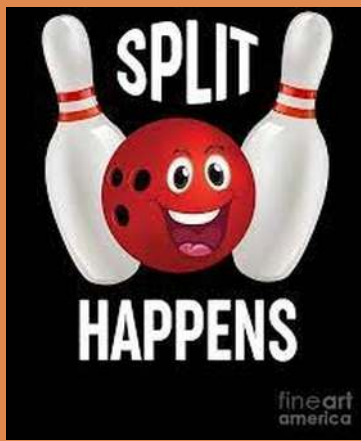
Saturday March 11, 2023

**Location:** Hidden Chapel at Acadiana  
Acres

*RSVP for March NOW!!*

[RSVP](#)





**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:**

Trivia at Flyway:

Come and represent the UAMS IM SQUAD at Flyway for trivia.

**When: Feb. 13th - 6PM**



**March:**

Break out mama's recipe and fire up the stove. This is the ultimate throw down of your culinary skills! Bring your best pot of curry/chili to be judged!

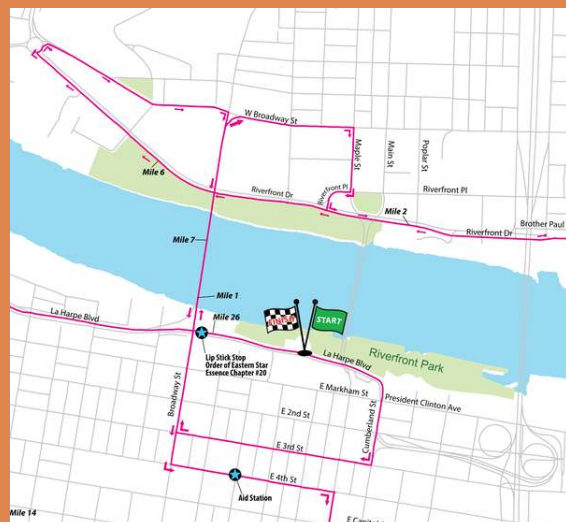
**When: March 25th, 2023**

**Where: Dr. Saccente's house**

**Who: You!**

**Come Celebrate Our Classmates' Physical Endurance!**

Help us cheer on the participants of the Little Rock Marathon on Saturday, March 4th in Downtown Little Rock! Stay tuned on teams to find out where to go to find the squad!



“  
*She arranged transport for her patient to discharge home in the middle of an ice storm, and even called to make sure they made it home!*  
”

~ Anonymous shoutout to Dr. Vadini



**Peep these star pupils!**

Dr. Spraggins stole the cake and had the best attendance in January!  
Honorable mentions to the 2nd place Dr. Harper and Dr. Mandrell!





**Coming to a Close:**  
PGY-3 and PGY-4's this is for you! You are SOOOO close to celebrating all the hard work that you've put in! Just wanted to say you guys all rock and the UAMS IM family cannot wait to see where you go! So, soak up the last few months with your colleagues, friends, and patients!

Photo credit:  
**Justin McMillan**  
*as of 2/6/23*

*If you are a PGY-3 or PGY-4, would having graduation check-list of sorts help alleviate stress and anxiety about the transition?*

Yes

No

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***Upcoming On-Campus Wellness Events***

## Internal Medicine - Cultural Days

*We have a bunch lined up for 2023!*

Stay tuned for:

Louisiana Day

Bangladesh Day

**Event Dates:**

March 3rd and April 7th!



### **UAMS Culinary Medicine:**

Lana is working hard to set up this experience for residents who are interested! Culinary medicine blends the arts of cooking and physical/mental wellbeing! Look out for updates on teams to sign up as this will likely be a small group event!



### **UAMS Kindness Week:**

This week try and remember that kindness is FREE! You may see boards set up across campus, take a token of kindness and pay it forward to the next person!

**When: Feb. 13th - 17th**



## 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!*



*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

How would you rate the February edition?

