

# UAMS Internal Medicine Wellness Committee

## April Edition

By: Kayln Holloway, PGY-3, Aarthi Rao, PGY-1, Alex Pulliam, PGY-1

### Program Wellness Events

#### *Previous On-Campus*

#### Louisiana Cultural Day.

Check out the pictures of our residents celebrating and learning about the culture of Louisiana from our very own native residents Alex, Emily, Collette, Robert, and Katie.

We learned about some good 'ol cajun history while enjoying food from Boudreaux's!





## Upcoming On-Campus Wellness Events

### Internal Medicine - Cultural Days

*We can't wait to see the line up for '24!*

Stay tuned for:

Bangladesh Day where we will be having catering from Saffron!

**Event Dates:**

April 7th!



“

I have to praise my PACT team, including Dr. Steele, as they have provided the upmost healthcare to me. They have really addressed my hypertension problem and its under control now possibly saving my life from a stroke or heart attack

”

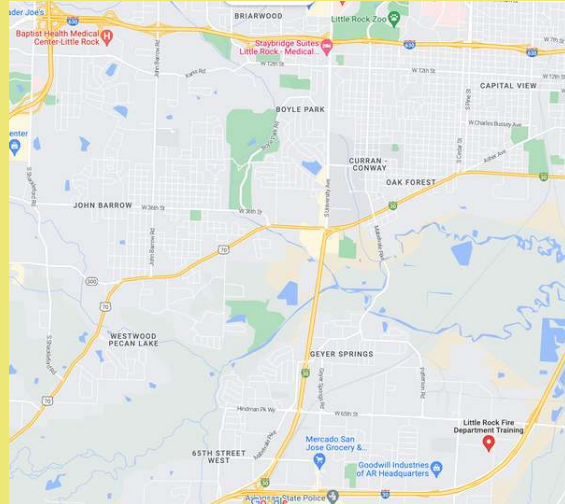
**Anonymous Patient to Dr. Matt Steele**

# UAMS = Little Rock = Family



If you're looking for options of how to physically help, the city of Little Rock has organized volunteer schedules for you to lend aid to families in need!

City of LR



If you're looking for options for water and non-perishable food donations, look no further! UAMS and the City of LR have both set up sites for donation. For information regarding LR donation sites visit the link below! On-campus donations can be dropped off at the UAMS Fitness center or Creative Services.

City of LR

## April Celebrations!

Burton Mandrell, 4/1  
Manoja Gullapalli, 4/4  
Emily Waddick, 4/8  
Jake Smith, 4/16  
Joshua Walls, 4/20  
Maddison Morris, 4/27  
George Messersmith, 4/27  
Alex Pulliam, 4/30



“


Shoutout to this resident for coming in early on the day of the tornadoes to ensure that her co-resident could leave to get pick up their children from daycare!

”

**Anonymous to Dr. Stokes**

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





**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!

**April:**  
**Trivia at Flyway:**  
 Come join the Queen's Lost Corgis as they defend their reigning title of trivia champions (photo below). There's bound to be laughs and good food as our residents flex their random factoid knowledge!

**Date:** April 17, 2023 at 6:30 PM

**Where:** Flyway Taproom



**May:**  
**Off-Campus Wellness Scavenger Hunt - MAY the Odds be in Your Favor**

Check out the link below to print off your BINGO card! The race to the finish line starts on May 1st at MN! The first two residents to complete and turn into a chief resident will earn a sweet prize, no joke! (Get it, starts on April Fools' Day)

**Date:** May 1st, 2023

[BINGO LINK](#)

**Sand Volleyball:**  
 Come get show off your athletic side and dive into the sand/dirt with IM residents, alumni, and other UAMS residents/fellows every Thursday at Murray Park! Just shoot a text to Ples, Kayln, Amisha, Maddie, Lucas, Merit, or anyone who has been out to the games to be added to the GroupMe for day-of updates!





### **IM Book Club:**

Don't be fooled, this isn't your average book club! Come enjoy the next meeting where they will be discussing *The Seven Moons of Maali Almeida* by Shehan Karunatilaka, tentatively in May/June! Check out some photos of the group (above) from the last meeting where they discussed *Project Hail Mary* by Andy Weir with festive snacks, games, and libations!

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## ***Check out our residents at the Annual Saccente Chili Curry Cook-Off!***





**Winner, Winner, Chili/Curry Dinner**

**Best Dessert:** Vidhu Vadini

**Spiciest Dish:** Prabhav Vasistha

**Best Overall:** The Turner Family

**March Conference Attendance:**

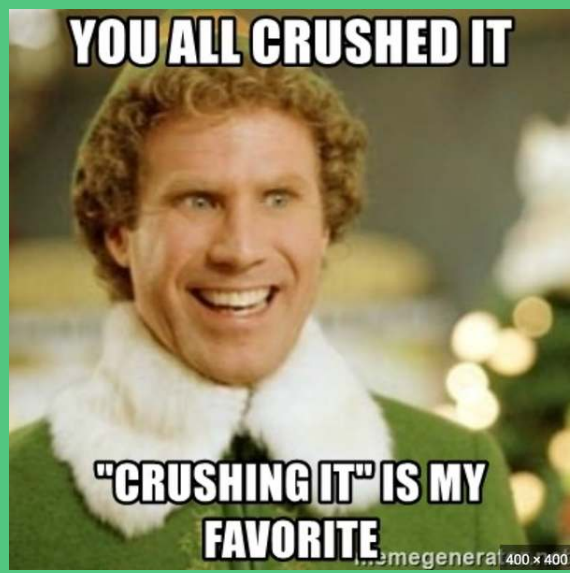
These residents went above and beyond  
and won the attendance titles for the  
month!

1st: **Kyle Cook**

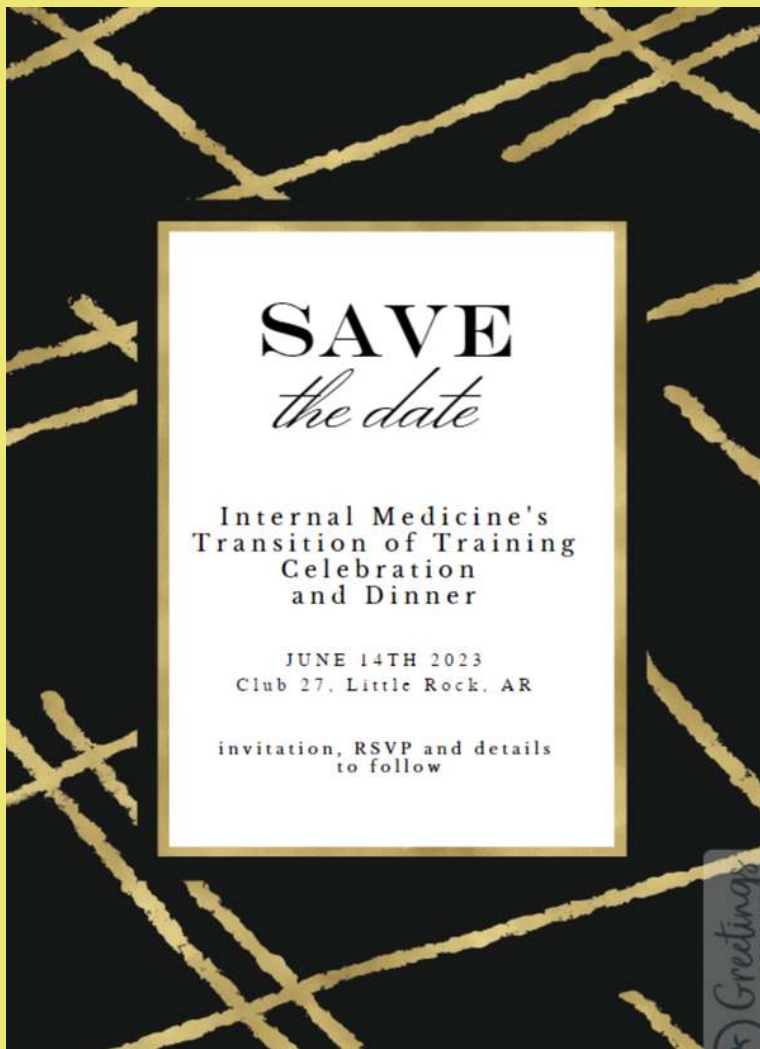
2nd: **Einnod Williams**

3rd: **Morgan Tripod**

...who else thought? Well there's always  
May to take the title!







**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! The program is organizing a farewell event to share laughs, hugs, and some good food prior to departure! Please be sure to RSVP when further details are released!

## **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-28th! The link is below!

[ABIM Registration](#)



## **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

Alex Pulliam, PGY-1

Aarthi Rao, PGY-1

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 April edition?

