

UAMS Internal Medicine Wellness Committee

March Edition

By: Kayln Holloway, PGY-3

Program Wellness Events *On-Campus*

Resident Appreciation Week February 20-24th!





Our residents enjoyed pet therapy, hand-delivered ice cream, social media shoutouts, and even pet therapy! We hope that everyone got the chance to enjoy a few of the festivities this past month! Looking forward to future events like this again celebrating YOU!

“

Brittany Flippo is so fun to work with! She goes above and beyond and is always willing to help

”

Anonymous to Dr. Flippo

March Celebrations!

Jackson Mosely, 3/5
Prachi Saluja, 3/8
Gelina Buslig, 3/8
Reid Counce, 3/12
Morgan Tripod, 3/16
Matthew Baltz, 3/18
Mason Harper, 3/29



“

Saad is so fun to work with, very responsible and proactive. He is the best intern I have worked with and I am sure one day he is going to be a great upper level!

”

Anonymous to Dr. Khan

Program Wellness Events Off-Campus



February:

Trivia at Flyway:

Check out The Queen's Lost Corgis cheesing it up after capturing the win against the formidable emergency medicine based trivia squad!



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:

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

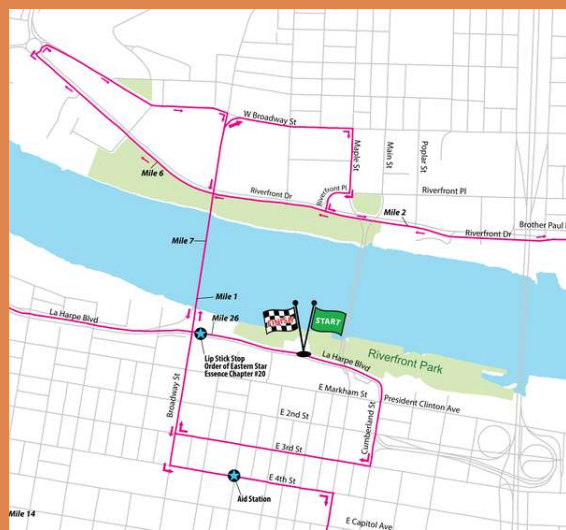
Check out the link below to print off your BINGO card! The race to the finish line starts on April 1st at MN! The first two residents to complete and turn into a chief resident will earn a sweet prize, no joke! (Get it, starts on April Fools' Day)

Date: April 1st, 2023

[BINGO LINK](#)

Come Celebrate Our Classmates' Physical Endurance!

Help us cheer on the participants of the Little Rock Marathon on Saturday & Sunday, March 4th & 5th in Downtown Little Rock! Stay tuned on teams to find out where to go to find the squad!



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!

“

We have the best dang crew of internists out there, thank you! Lucky to work with y'all!

”

~ Anonymous shoutout to Internal Medicine Residents

**Celebrating for the perfect
attendance ROAR-L-TY**

These residents were all tied up for the
gold medal this month!

Hadeel Al'Fares

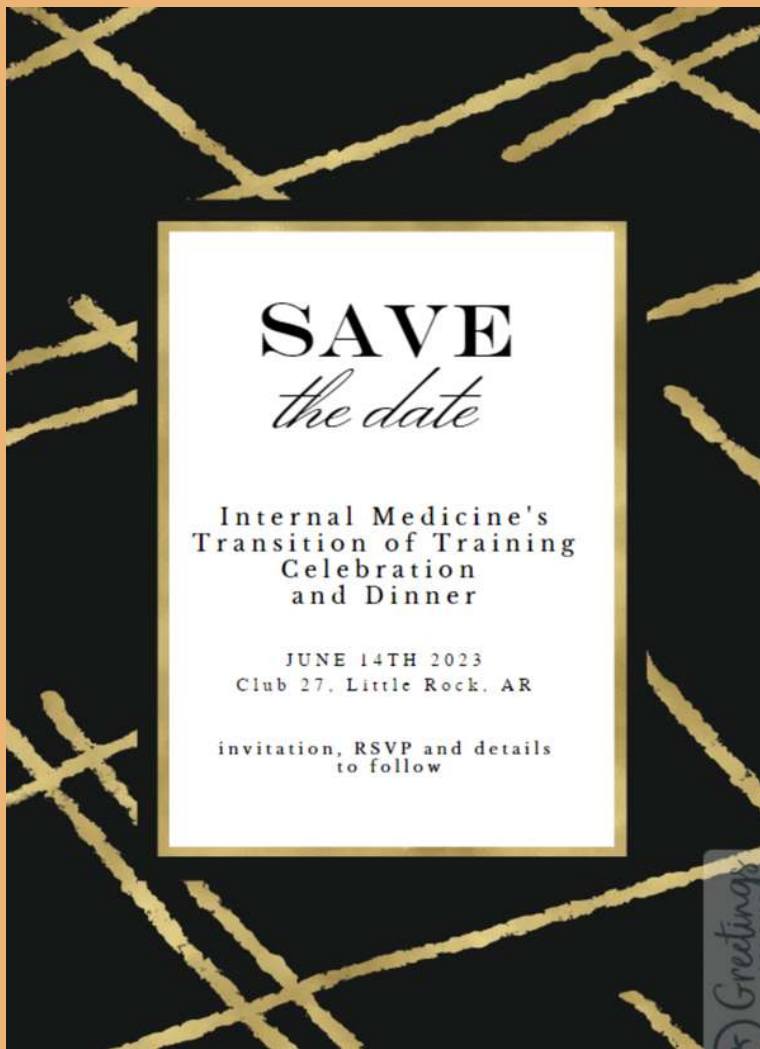
John House

Alex Pulliam

Chris Randall

Robert Spraggins





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-April 28th! The link is below!

[ABIM Registration](#)



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

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 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 March edition?

