

R.P.C.F.

Residency Program Coordinators' Forum

"We advocate for ourselves and each other."



SUNY
DOWNSTATE
Health Sciences University

The Buzz

Residency Program Coordinators' Forum Newsletter

SUMMER 2020 SPECIAL EDITION

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2020 RPCF RETREAT

Due to the global pandemic, the 2020 RPCF Retreat will take place during the summer of 2021. Please join us in making the 2021 RPCF Retreat a great and memorable event.

RPCF SPOTLIGHT: The Heroes We Have Lost

During the spring and summer of 2020, we have lost heroes that we were accustomed to seeing every day, people who made our workdays a little easier and more pleasant.

SUNY Downstate sadly has been touched by the COVID-19 pandemic. Though we are happy to report that no coordinator has been lost, nor any resident or fellow, we have lost one faculty member and several staff members. Below we pay tribute to them.

"Food for Thought"



"Expect today to be a good day, and then do what's necessary to make your expectations come true."
Zig Ziglar



Upcoming Events:

“Time and Attendance Zoom Workshop”

Hosted by Patricia Ralph, Assistant Director of Payroll Department

August 18, 2020 at 12:00 noon

“Wellness Zoom Workshop: Wellness and Returning to Work After the Pandemic”

Hosted by Psychiatry Residents, Dr. Junaid Mirza and Dr. Ahmed Al Katib

September 15, 2020 at 2:00 p.m.

“Virtual Interviews Workshop”

Hosted by Juliet Arthur and Natasha Henry

September 9, 2020 at 12:00 noon

New Coordinator Welcome:

The RPCF welcomes **Jennifer Nguyen** from the REI program at the **New Hope Fertility Center**.

RPCF COMMUNITY SERVICE: Coordinators and Others on the Front Lines

When SUNY Downstate/University Hospital of Brooklyn became a COVID19-designated hospital, RPCF Coordinators rolled-up their sleeves to improve the situation for as many people as possible.



RPCF

Committees:

Awards and
Scholarships
Committee

C-TAGME
Committee

GMEC
Representative
Committee

Forum's Policies
Committee

Membership
Committee

Mentorship
Committee

Event Planning
Committee

Professional
Development
Committee

Coordinators'
Wellness
Committee

Newsletter
Committee

Website Committee

If you are experiencing difficulties and would like to speak to someone, please send an email to covid-stress@downstate.edu, a text message to (718) 550-6722, or leave a voicemail at (718) 270-1318.



COORDINATORS IN ACTION DURING COVID-19 PANDEMIC SURGE IN NYC

“It is said that food is an expression of love. Well, here at Downstate, we are all about food and love. During the recent COVID-pandemic, acts of kindness abound and SUNY Downstate Program Coordinators were right in the epicenter. As part of the outreach activities, Kino Williams (Radiation Oncology) along with Nathalie Mendez (Dermatology), and Maxine Bennett (Manager, Property Control) worked with Nursing leadership, namely Mary Belfon, Assistant Nurse Manager/RN III (Interventional Radiology) and Cheryl Rolston, TH Associate Administrator (Nursing) to provide home-cooked meals to every nursing unit within SUNY Downstate.

Over the course of four weeks, nurses (along with other Downstate members) were treated to a host of West Indian cuisine as a token of our appreciation for their hard work, dedication, and selflessness--during what is being called the greatest humanitarian crisis of our lifetimes. During this time, over 200 lunches were prepared and distributed to our fellow Downstaters. We could not have done this on our own and thank everyone who participated during this outreach effort from friends and family to coworkers, to caterers, to recipients of the meals!

In addition to this gesture, Juliet Arthur (Psychiatry) took control of ensuring that all coordinators were aware of the Zev food truck, which had been providing lunches to the Downstate community, almost from the beginning of this pandemic. She also participated in the distribution of lunches to the staff as part of the Downstate Unites initiative, which was an outreach program organized through the School of Public Health (SOPH). Alithia Alleyne, Senior Staff Assistant, and the SOPH were able to raise donations from faculty, staff, alumni, and community residents to fund over 9,000 lunches throughout this pandemic!

It's amazing what we can do as every day working class beings when we put our minds and effort behind an initiative. It's also fitting that we were able to give back to an institution and a people who have given us so much. **#WeAreDownstate #WeAreTheDifference #WeMakeTheChange**
(Submitted by Kino Williams and Juliet Arthur)



You **must** be currently employed as a GME professional of an ACGME/AOA-accredited program and have completed 2 consecutive years of experience in this role.

Click below to see if you meet the eligibility requirements!

http://tagme.org/wp-content/uploads/2020/06/2020-Certification-Guide_updated-20200604.pdf

Please Note:

<https://www.nrmp.org/match-calendars/>

Match Calendars - The Match, National Resident Matching Program

8:00 a.m. ET: Confidential Advance Data Tables report available to medical schools, programs, and institutions. Medical school confidential Match results reports and Match notification letters available; 3:00 p.m. ET: SOAP ends with posting of final List of Unfilled Programs in the R3 system. Program Confidential Roster of Matched Applicants report available (by email and R3 system) www.nrmp.org

RPCF LEADERSHIP CIRCLE: Coordinators Who Have Represented the RPCF Well In 2020 At National Events



Juliet Arthur, Psychiatry Residency Administrator, moderated the 49th Annual American Association of Directors of Psychiatric Residency Training (AADPRT). Over 200 Program Administrators attended the symposium in Dallas, Texas, from Wednesday, March 4th – Saturday, March 7th.



Ms. Arthur has been attending the AADPRT conference since 2012. However, this was her first time moderating the program. She stated, “It is very nerve-racking standing in front of such a large crowd, with all eyes on you.” During the conference, each morning, Ms. Arthur welcomed the Program Administrators, presented the day’s events, and introduced the speakers for the day. She also orchestrated the raffle prize giveaways and facilitated the meet and greet of new and seasoned Program Administrators. During the symposium, Ms. Arthur presented a workshop with Dr. Romain Branch, Psychiatry Program Director at Nassau University Medical Center (NUMC) and Dr. Rishab Gupta, Psychiatry Academic Chief Resident at SUNY Downstate Medical Center, titled “*360 Degrees in Recruitment: Using your ‘RAD’ to Develop a ‘Winning Formula’.*”

Ms. Arthur holds many titles in this national association for Program Administrators. She serves as the incoming Chair for the Planning Committee for AADPRT Program Administrators, (2020-21) and is a member of the Information Management and Mentor for the new Psychiatry Administrators.

Ms. Arthur encourages all coordinators to moderate or present at their national professional associations. If they are not members of associations, she encourages them to begin by presenting at an RPCF meeting. She believes these actions build confidence and self-assertiveness, as well as bring a great feeling of sharing useful information with your peers.

(Submitted by Juliet Arthur)

Stay Tuned from the RPCF

-RPCF Webpage
-Coordinator Handbook
-Introduction of New Committee Chairs

The RPCF Recipe Corner



Watermelon Cucumber Feta Salad

Dressing

2- tbs red wine vinegar
2- tbs olive oil
1/4 - tsp salt
1/8 -tsp pepper
2 - tbs chopped fresh mint leaves

Watermelon Salad

6 - cups seedless 1- inch cubes watermelon (from 5-lb watermelon)
1 cup sliced quartered cucumber
½ -small red onion, thinly sliced and quartered
1 - cup crumbled feta cheese (4 oz)

- 1** In small bowl, using wire whisk, mix vinegar, olive oil, salt, and pepper. Stir in mint.
- 2** In large bowl, mix watermelon, cucumber, onion and 3/4 cup of the feta cheese.
- 3** Pour dressing over watermelon mixture; toss gently to combine.
- 4** Sprinkle salad with remaining feta cheese. Garnish with mint.

(Submitted by Natalie Arrindell)

ACGME 2020 Annual Conference



“A few program coordinators and I attended the 2020 ACGME “Meaning in Medicine” Conference, prior to the rampant start of the COVID-19 pandemic. The conference was held in San Diego, California--from February 27th to 29th.

This conference broke a milestone by having the greatest number of registered attendees since its inception. There were 4,300 registered attendees, various workshops and events, within two hotels. The conference was significant in providing us with unique opportunities as well as increased networking capacity, affording us the opportunity to grow. The time spent at the conference was used to increase our focus on innovation and the work ethics that are necessary for the advancement of Graduate Medical Education. Our days were packed with various exercises and content that inspired us. Some of the topics we were introduced to and refreshed on were medical education, diversity and inclusion, well-being, professional development, medicine in underserved, and the opioid crisis.

According to Dr. Timothy P. Brigham, who is the Chief of Staff, Chief of Education and Organizational Development Officer, “The conference allows us to learn and expand on our thinking, connect and reconnect with colleagues, friends, mentors, mentees and others.” With all the great topics and attendees, we had the pleasure of having lunch with our DIO, Dr. Teresa Smith, dinner together and some beautiful site seeing. We had a great time, learned a lot, and made connections with other members of our field. I believe that meeting in these conditions is essential for our growth as coordinators and vital in the development of connections amongst each other to help foster innovation in Graduate Medical Education.

The 2021 ACGME conference will be virtual. I hope more coordinator will attend.”

(Submitted by Natalie Arrindell)

Wellness Tips

Healthy ways to cope with stress:

Know [what to do if you are sick](#) and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.

Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).

Take care of your emotional health. [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.

Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body.

- Take deep breaths, stretch.
- Try to eat healthy, Well-balanced Meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol and drug use.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

(These tips are from the Centers for Disease Control and Prevention.)

SALUTE TO OUR RESIDENTS WHO ANSWERED THE CALL

The Forum would like to take the opportunity to salute our brave residents who all answered the call to duty and worked alongside other frontline workers during their redeployments!

THE RPCF JOINS SUNY DOWNSTATE IN DIE-IN DEMONSTRATION



On behalf of the RPCF, we would like to thank all of the coordinators who have represented and continue representing all of us in telling the world that Black Lives Matter. Great job. March On!

Summer Edition of RPCF Newsletter Compiled by Debra Owens, M.Ed.,C-TAGME