Tis the seasons to review, renew, rebuild, and restore. This year has been filled with changes, achievements, and encouragement. Kudos to the coordinators who made changes for the better through multiple achievements whether they were big or small, and who have encouraged others by taking chances and paving pathways for others to follow. In this issue, ‘The Buzz’ would like to take a moment to look back at our many accomplishments and activities throughout this year, so that we can make bigger and better changes/accomplishments in the New Year.

Our Residency Coordinators have made unforgettable progress and memories. We have been taught on many levels that we define our success, not others and that strength cannot exist without struggle. We have fostered an environment of success and encouragement and have taken major steps in the right direction.

Let us embrace the New Year knowing that even if we are scared to do it (anything); we should do it scared. Together we will say R.I.P. to the opportunities we missed because we were scared, shy, or had low self-esteem. Instead, in the New Year we will aim to be 1% better each day resulting in us being closer to achieving our goals. Therefore, when our changes have been accomplished, we will then have no need to announce them but to bloom/evolve.

Editors:

Devareco Wilkie & Chelsea Cole
Congratulations to the newly minted Training Administrators of Graduate Medical Education (TAME). The Residency Program Coordinator Forum (RPCF) announced the eight Downstate coordinators recently became TAME certified. In 2022, six coordinators successfully passed the initial or maintenance of certification versions of the TAME certification exam with a 100 percent pass rate; all SUNY Downstate now boasts and celebrates the certification of these individuals.

Kudos to Chantal Littrens, MPH, C/TAGME (Physical Medicine and Rehabilitation); Yvonne Henry, C/TAGME (OOG); Juliet Arthur, MHA, C/TAGME (Family Medicine); Nina Williams, MS, PBR, CFHO, C-TAGME (Radiation Oncology); Mariva Serrana Sevilla, C-TAGME (Family Medicine); Natasha Henry, C-TAGME (Pathology); Deawene Wilkie, Misc C/TAGME (Otolaryngology and Neurology); and, Detro Owens, MEd, C-TAGME (Sports Medicine).

The National Board for Certification of Training Administrators for GME was established in 2009 to ensure a comprehensive level of services, training, knowledge, and leadership through certification for the administration of GME programs for physicians-in-training.

The success of the past year on the exam resulted from creating a TAME study portal that houses resources available to any Downstate coordinator wanting to take the 2022 certification examination. This learning portal and self-assessment study preparation are essential to this year’s upcoming candidates.

TAME coordinators are instrumental in leading our Graduate Medical Education (GME) residency and fellowship training programs. They have demonstrated commendable leadership achievements, including becoming nationally recognized ACGME Awarders, organizing a Healthy Living Fair for the community, and directing a regional program of educational offerings. The program coordinators’ professional development and accomplishments continue to acknowledge them as outstanding leaders on our Downstate campus.

The College of Graduate Education, and especially to Ross Clancy, Ph.D., vice dean for Faculty Affairs, and Teresa Smith, M.D., MSeD, FACPM, associate dean of Graduate Medical Education and Jilblects both of whom have supported this initiative to certification from the beginning.

 RPCF END OF YEAR REVIEW

Health Fair Theme

For an initial developmental evaluation and care for autism and ICAs, call Downstate’s Child Development Clinic at (718) 777-0172.

For inquiries about the Brooklyn UENO Program, email "UNO@downstate.edu."

The Free Annual Community Health Fair will occur outside 44 Union Road from 9:00 AM to 4:00 PM. UH but physicians and the Residency Program Coordinators Forum sponsor it in collaboration with the Office of Graduate Medical Education, Government & Community Relations, Strategic Planning, Diversity Equity Inclusion House Staff Council, and internal authors. There’s info on family activities, space, and food. Get essential health checks like blood pressure, hearing, and vision. Some screenings might mean insurance details. For more information or to be a sponsor, contact JGschneider@downstate.edu.

- 500 word article focusing on Autism
- Published in Caribbean Life September 6 2023
- Wil feature Dr. Huberman and his team

Downstate Represents at 2023 ACGME Educational Conference

Wins Two (2) Awards:

Barbara Ross-Lee DO DEI (Institution) Award 2022: SUNY Downstate Health Sciences University

Debra L. Dooley GME Program Coordinator of Excellence Award 2023: Juliet Arthur, MHA, C-TAGME

Kino Williams presented at the Association of Radiation Oncology Program Coordinators on the Program Director/Coordinator Relationship. The meeting was held on February 22, 2023, at the Gaylord and Opryland Resort and Conference Center, in Nashville TN.

UHD’s Patient Safety and Quality Fair 2023
EVENTS COORDINATORS HOSTED & PARTICIPATED IN

COORDINATORS JOIN DOWNSTATE IN CELEBRATING EARTH DAY

STATISTICS
1970 FIRST EARTH DAY
1 Billion INDIVIDUALS INVOLVED FOR ACTION EVERY EARTH DAY
190+ COUNTRIES ENGAGED

JHS 292 CAREER DAY

Residency Program Coordinators Forum (RPCF)
4th Annual Educational Retreat
GME Hello’s and Goodbye’s

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<thead>
<tr>
<th>Well Hello There</th>
<th>Till We Meet Again</th>
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<tbody>
<tr>
<td>Denise Chung, MPH</td>
<td>Pamela Bowman-Snagg</td>
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<td>Director, GME</td>
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<td>Juliet Arthur, MHA, C-TAGME</td>
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<td>Affiliation and Contracts Administrator, GME</td>
<td>Director of Affiliations, GME</td>
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<td>Sharon Graham</td>
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<td>Kassaundra Johnson</td>
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<td>Infectious Diseases Residency Coordinator</td>
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<td>Chantal Littrean, MPH, C-TAGME</td>
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CHANGING OF THE GUARDS...DIO’S

- Teresa Y. Smith, MD, MSED, FACEP
- 2019–2023
- 3 ACGME Awards
- Full Continued Institutional Accreditation

Welcome Our New DIO

- Lisa Dresner, MD, FACS
- 2023 – present
- Vice Chair of Education, Dept of Surgery
- Program Director, Surgery Residency Program
As we embark on a new year, the RPCF Executive Committee is working on many new initiatives that would benefit all our coordinators and coordinators both local and national. Some of these endeavors for 2024 include:

- Revamping the RPCF committees including the addition of appointment timelines
- Creation of a Coordinator Wellness Program at Downstate
- Grant Writing workshops and initiatives
- ACGME Annual Meeting Presentation and Networking Event: March 7 – 9, 2024
- Attending the virtual NSAMA conference, which our very own Kino Williams will be hosting on April 5, 2024.
- RPCF Annual Educational Retreat – carded for Friday, August 2, 2024
- Re-introduction of the TAGME Toolkit
- Increasing the number of TAGME-certified coordinators
- Completion of doctoral dissertations for two (2) RPCF executive members
- And much more...so stay tuned!
SHOUTOUTS

Shoutout to Darell Banks– Downstate’s Santa for organizing this toy drive and donating to our very own Children’s Center.

CONGRATULATIONS to Kino Williams, for winning the ACGME Debra L. Dooley Award. Please check out the article from SUNY Downstate’s President Bulletin on this: https://www.downstate.edu/about/office-of-the-president/presidents-bulletin/2023/11-13/kino-williams-acgme-excellence-award.html
Fellowship Coordinators wear many hats. **Deborah Battle Pointer**, fellowship coordinator of three Pediatric fellowship programs: Neonatology, Infectious Disease, and Nephrology has just released two publications now available on Amazon.com, Barnes & Noble, and other platforms.

Before coming to Downstate, Deborah was the Associate Dean of Admissions and Financial Aid at Cornell University (Ithaca) and Director of Engineering (undergraduate and graduate) Admissions at Columbia University. With over 20 years of experience in college admissions and financial aid, Deborah published the book “**College Planning for High School Students**”. “Over the years I have met many students like myself who were first-generation college students who needed help mastering the college admissions process and had only the guidance counselor to help them. There was such a need for this book.”

As a Peabody Award winner for television, Deborah co-founded and executive produced the television show “**Def Poetry**” on HBO. A poet herself, Deborah wrote her first mystery novel “**Def on the Mic**”. “It was fun writing a murder mystery that took place in the spoken word/poetry.com.

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**WELLNESS CORNER**

**RPCF BIRTHDAYS**

**November**
- Spinel, Dorina – 11/5
- Maxwell, Marjorie – 11/6
- Anthony, Shelly – 11/19
- Littrean, Chantal – 11/22

**December**
- Cole, Chelsea– 12/2
- Fraser, Nicole – 12/25
- Adams, Selina – 12/28

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**Did you know we were featured in the Presidents Bulletin?**
**Click On Me To View The Article**
Here are some self-care planning tips for 2024:

1. Mindful Moments: Incorporate daily mindfulness practices, such as deep breathing or short meditation breaks, to help manage stress and promote mental well-being.

2. Digital Detox: Set aside dedicated time each day to disconnect from electronic devices, fostering a healthier balance between online and offline activities.

3. Hydration Habit: Establish a hydration routine by keeping a reusable water bottle at hand, ensuring optimal physical health and energy levels.

4. Sleep Sanctuary: Create a relaxing bedtime routine and maintain a consistent sleep schedule for improved overall health and cognitive function.

5. Fitness Fusion: Explore diverse forms of exercise to keep workouts engaging, such as combining cardio, strength training, and flexibility exercises.

6. Nourishing Nutrition: Plan well-balanced meals that include a variety of nutrients, promoting both physical and mental well-being.

7. Hobby Harmony: Dedicate time to hobbies or activities that bring joy and relaxation, fostering a sense of fulfillment beyond professional responsibilities.

8. Social Support System: Cultivate meaningful connections with friends, family, and colleagues to build a strong support network for emotional well-being.

9. Goal Setting: Set realistic and achievable personal and professional goals, breaking them down into smaller tasks to enhance motivation and satisfaction.

10. Reflect and Recharge: Regularly assess your self-care practices, adjusting and refining as needed to ensure they align with your evolving needs throughout the year.
Happy Holidays

&

Happy New Year

2024

Editors:
Devareco Wilkie & Chelsea Cole