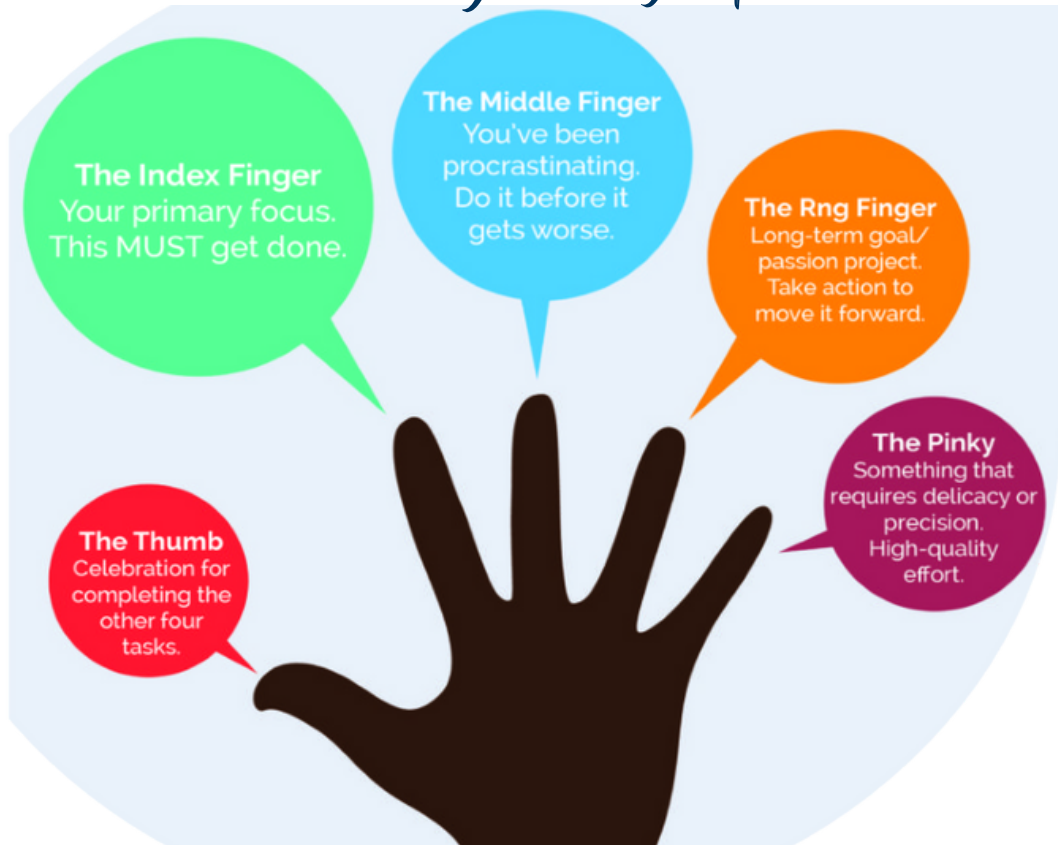


## Residency Coordinators' Forum Newsletter

### Success is at your Fingertips



A new academic year has begun, with new challenges and hopefully higher standards. Success in addressing or accomplishing these challenges, goals or standards is solely dependent on us. Once we have obtained an understanding and/or a routine of engagement, success will literally be at our fingertips. This in turn makes it easier for us to visualize and define our individual successes. The BUZZ encourages you to push yourself because no one else is going to do it for you. Always remember that true success begins when you make a commitment to become excellent at what you do. Even if the journey seems hard, hard does not mean impossible. Let this year, be the year of success for all of us.

The BUZZ would like to recognize and celebrate Ms. Pamela Bowman, who has recently retired after 35 years of service to SUNY Downstate GME. Ms. Bowman started out as a coordinator and as stated by Dr. Teresa Smith "Pam has been a staple here at Downstate, arriving by 7am and leaving well after the hallways have cleared. She has seen the institution through ACGME site visits, accreditation status changes, CLER visits, new ACGME terminology and requirements, and many changes in program directors, coordinators, and DIOs. She has held the institutional memory of graduate medical education and led us through many tough times. Pam has left a legacy of excellence that we are immensely grateful for". The BUZZ wishes Ms. Bowman all the best in her future endeavors.

**Editors:**

***Devareco Wilkie & Chelsea Cole***

# RPCF ANNUAL EDUCATIONAL RETREAT



## Save the Date

SUNY DOWNSTATE RESIDENCY COORDINATORS FORUM  
ANNUAL EDUCATIONAL RETREAT

*“Building Communities: Empowering Coordinators to be  
Leaders on Their Campuses”*

FRIDAY, AUGUST 4, 2023  
9:00 am – 4:00 pm

**Retreat Product Sponsorship:**

Avalah Natural Spa Products  
Carrie J Hair Care  
Cultivate What Matters  
FM Brush Company  
Kreyol Essence Beauty Products  
Leuchtturm1917  
UUP, Albany

Black Girl Sunscreen  
C.O. Bigelow Tea  
Dax  
Jamaican Mango & Lime Hair Products  
Krissyanne Designs  
Nyebiome

# RPCF ANNUAL EDUCATIONAL RETREAT



DOWNSTATE  
HEALTH SCIENCES UNIVERSITY

*"We advocate for ourselves and each other."*



The RPCF Executive Committee is pleased to announce this year's awards and recognition nomination process is now open to **ALL coordinators** at SUNY Downstate Health Sciences University.

The categories are as follows:

**RPCF GME Rising Star Award:**

- A minimum of 1 year of service, active participation in forum, program and/or GME activities

**RPCF Humanitarian/Outreach/DEI/ Award:**

- A minimum of 2 years of service, active participation in DEI/Outreach/Community activities

**RPCF GME Distinguished Service Award:**

- A minimum of 3 years of service, active participation in forum, program, GME and/or institutional activities

**RPCF Professional Development Award:**

- Continued professional development of self and the profession, active participation in forum, program, GME and/or institutional activities

**Application process:**

- In all categories, coordinators can either be self-nominated or peer-nominated via a letter of nomination along with any other supporting document(s) detailing why that coordinator should be the recipient of the award
- Nominations can be emailed to [RPCFExec@downstate.edu](mailto:RPCFExec@downstate.edu)
- **Deadline for receipt of nominations is July 21, 2023 at 4:00pm**
- The awards committee will review all applications and select winning recipients

**Announcement:**

Award recipients will be recognized in the RPCF's annual educational retreat brochure and awards presented in person at the meeting on **Friday 4 August, 2023.**

# COORDINATORS LET'S GET INVOLVED IN SCHOLARLY ACTIVITY



Residency coordinators play a crucial role in supporting residents' scholarly activities and can also contribute to scholarly endeavors themselves. Here are some ways residency coordinators can get involved in scholarly activity:

- 1. Research Collaboration:** Seek opportunities to collaborate with faculty members, researchers, or other coordinators on research projects.
- 2. Literature Reviews and Evidence-Based Practice:** Stay up to date with the latest research literature in your specialty area. Conduct literature reviews on specific topics of interest or contribute to evidence-based practice initiatives within the residency program.
- 3. Quality Improvement Initiatives:** Engage in quality improvement projects within the residency program. Collaborate with residents and faculty to identify areas for improvement, collect and analyze data, implement interventions, and monitor outcomes.
- 4. Educational Research:** Conduct research on educational practices and strategies within the residency program.
- 5. Conference Presentations:** Submit abstracts or proposals to present at conferences or educational symposia relevant to residency training.
- 6. Manuscript Reviews:** Volunteer as a reviewer for scholarly journals or educational publications within your specialty.
- 7. Collaboration with Professional Organizations:** Get involved in professional organizations or associations related to residency coordination or your specialty area.
- 8. Professional Development:** Engage in continuous professional development to enhance your scholarly skills and knowledge. Attend workshops, webinars, or courses on research methodology, statistics, academic writing, or research ethics.
- 9. Mentorship:** Offer mentorship and guidance to residents who are interested in engaging in scholarly activities.
- 10. Collaboration with Research Personnel:** Work closely with research personnel or designated research officers within your institution.

Remember, as a residency coordinator, your primary role is to support residents' scholarly endeavors. However, by actively engaging in scholarly activities yourself, you can contribute to the advancement of knowledge, improve program quality, and serve as a role model for residents.





**Hello travelers!**

**I'm excited to share with you five essential travel tips  
for your summer vacations:**

- 1. \*\*Plan and Book Early:\*\*** Summer is a popular time for travel, and many destinations and accommodations get booked up quickly. To secure the best deals and avoid disappointment, start planning and booking your trip as early as possible. Whether it's flights, hotels, or tours, early reservations can save you money and guarantee availability.
- 2. \*\*Pack Light and Smart:\*\*** Summer often means warm weather, so pack light and breathable clothing. Stick to versatile pieces that can be mixed and matched to create various outfits. Don't forget essentials like sunscreen, a hat, sunglasses, and a reusable water bottle. Consider the activities you have planned and pack accordingly, but try to avoid overpacking to make your journey more comfortable.
- 3. \*\*Be Mindful of the Weather:\*\*** Summer weather can be unpredictable, especially in certain regions. Check the weather forecast for your destination and pack appropriate clothing and accessories. Always have a light jacket or raincoat handy, even if you're traveling to a sunny location, as summer showers can be common in some places.
- 4. \*\*Stay Hydrated and Stay Safe:\*\*** The heat of summer can lead to dehydration, especially if you're engaging in outdoor activities. Drink plenty of water throughout your trip and avoid excessive exposure to direct sunlight during the hottest parts of the day. If you're exploring nature or hiking, inform someone about your plans, or better yet, travel with a buddy.
- 5. \*\*Embrace the Local Culture:\*\*** Summer vacations provide an excellent opportunity to immerse yourself in the local culture of your destination. Try the traditional cuisine, learn a few basic phrases in the local language, and interact with the locals. Respect their customs and traditions, and be mindful of local norms and dress codes.

**Bonus Tip: Consider Travel Insurance!** Travel insurance is a wise investment for any trip, and summer vacations are no exception. It can protect you from unexpected events like trip cancellations, medical emergencies, or lost luggage, providing peace of mind during your travels.

**Remember, summer vacations are meant to be enjoyable and memorable experiences. By following these tips, you can make the most of your trip while staying safe and stress-free.**

**Happy travels!**

# SHOUTOUTS



The Residency Program Coordinator Forum would like to congratulate Kino Williams, MS, PHR, CPHQ, C-TAGME, on his appointment as a member of the Association of Radiation Oncology Program Coordinators' (AROPC) Board of Directors.

This is the first appointment of a Downstate administrator/coordinator to AROPC leadership. In his role, Kino will be responsible for the area of public relations with goals to increase AROPC's presence on all social media platforms.

## COORDINATOR VS ADMINISTARTOR TITLE?

The GME community has shared a petition calling for the ACGME and CAMPEP to formally change the title of GME Program Coordinators to Program Administrators.

To sign the petition, simply follow this link:

<https://www.change.org/GMEProgramAdministrators>

## RPCF BIRTHDAYS

### April

Arthur, Juliet - 4/24

Wilkie, Devareco - 4/17

### May

Gamble, Brittney - 5/4

Wells-Linton, Gillian - 5/5

Mendez, Nathalie - 5/14

McMichael, Gwendolyn - 5/25

Pierre-Francoeur, Beatrice - 5/28

Banks, Darell - 5/28

### June

Hanniford, Carletta - 6/2

### July

Smith, Vaneisha - 7/1

Henry, Natasha - 7/10

Singh, Barbara - 7/16

If you are a coordinator and your birthday did not get featured in this newsletter. Please email [Chelsea.Cole@downstate.edu](mailto:Chelsea.Cole@downstate.edu) your name and birthdate.





# PREVIOUS EVENTS

## EARTH DAY

### COORDINATORS JOIN DOWNSTATE IN CELEBRATING EARTH DAY



#### STATISTICS

**1970**

FIRST EARTH DAY

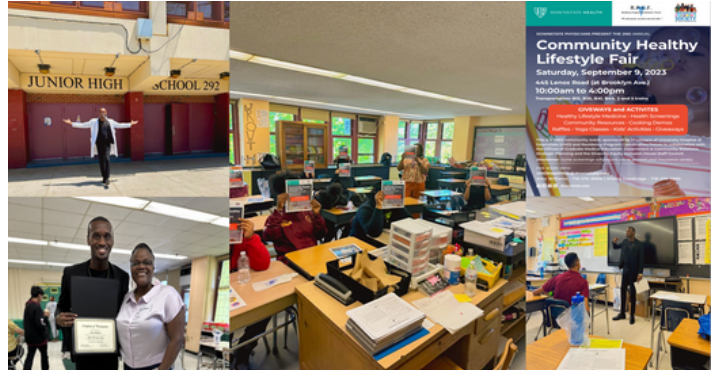
**1 Billion**

INDIVIDUALS MOBILIZED FOR ACTION EVERY EARTH DAY

**190+**

COUNTRIES ENGAGED

## DOWNSTATE REPRESENTED AT JHS 292 CAREER DAY



# UPCOMING EVENTS



On May 26, 2023, our very own Kino Williams had the honor of participating in JHS 292's career day. This was his second time participating in the event and what an awesome and informative time was spent with kids from five (5) classes.

He spoke about the importance of representation within the medical community, the various educational programs at SUNY Downstate such as the Sophie Christopher program, various positions which exist in the medical field as well as Downstate's 2nd annual physicians-sponsored Community Health Lifestyle Fair, carded for September 9, 2023.

Ms. Brown states, "I can tell you that the feedback from the event is always positive and students are quite receptive to the participants and express their excitement when we have the event annually. I do know that a connection made at a Career Day event a few years ago resulted in one of our students participating in a program at Columbia University."

Kino encourages everyone to participate in events such as these as they open the minds and possibilities of our young ones. If you would like to participate in next year's event, please contact Ms. Brown, see the information below:

**Contact information:**

**Simone Brown**

**JHS 292 Margaret S Douglas**

**301 Vermont Street**

**Brooklyn, NY 11207**

**School phone number: 718-498-6560**

**DOWNSTATE HEALTH**

**R.P.C.F.**  
Residency Program Coordinators' Forum  
"We advocate for our students and residents."

**BROOKLYN CHILDREN'S SOCIETY**  
OF SUNY DOWNSTATE

DOWNSTATE PHYSICIANS PRESENT THE 2ND ANNUAL

# Community Health Lifestyle Fair

Saturday, September 9, 2023  
445 Lenox Road (at Brooklyn Ave.)  
10:00am to 4:00pm  
Transportation: B12, B35, B41, B44, 2 and 5 trains

**GIVEWAYS and ACTIVITES**  
Healthy Lifestyle Medicine • Health Screenings  
Community Resources • Cooking Demos  
Raffles • Yoga Classes • Kids' Activities • Giveaways

This is a FREE community event, sponsored by Physicians of University Hospital at Downstate (UHD) and Residency Program Coordinators Forum in collaboration with the Offices of Graduate Medical Education, Government & Community Relations, Strategic Planning and the Diversity Equity Inclusion House Staff Council.

*Disclaimer: Some screenings will require you to present your insurance card(s).*

FOR MORE INFO:  
UHDHealthFair@downstate.edu  
Kino Williams - 718-270-8906 | Alishia Goodridge - 718-270-3866

downstate.edu



***WE WOULD LOVE YOUR INPUT***

**Please use the form below to let us know your suggestions and ideas for the newsletter**

**<https://forms.gle/mQhe1bS7hTZ7jbK4A>**



**Editors:**

***Devareco Wilkie & Chelsea Cole***