Now that we are committed to self-improvement, we will have no choice but to move forward. Our journey has already begun with a dream and as long as your dream continues, your journey continues. Preparation is a part of every journey and through the Residency Coordinators’ Forum 2022 Annual Virtual Education Retreat we have been provided the necessary tools to continue our journey. "Take charge of YOUR CAREER... Unlock your limitations... it's in your hands". Turning over a new page or the next page is a must not an option.

Such inspiration and encouragement doesn't come everyday so if you have an opportunity to experience these moments you must act on it. Hopefully the words shared by the speakers at the retreat resonate with you to have a growth mindset or by simply ignoring the "Neigh Sayers".

Don’t let others define who you are; you have the ability to create your career path and remember "critical thinking is a must' because "if you do not live your dream, you will work to make someone else dream a reality' – Steve Harvey.

Take time to celebrate your wins.

"Have an Idea ?," Let us know how we can help you make it a reality. The future awaits and we look forward to hearing from you.

Editors:

Devareco Wilkie & Chelsea Cole
2022 RPCF ANNUAL EDUCATIONAL RETREAT

THANK YOU AND RECAP
Thank you to the RPCF and the SUNY Downstate GME team for a great retreat and inviting me to be part of it. You all have amazing energy.

Thank you to all the coordinators that attended the RPCF Annual Educational Retreat “Take charge of YOUR CAREER…” We hope that you found educational value from all of the speakers! It was great seeing coordinators representing from across the country this year’s retreat and hope to see you all at future events by the #RPCF!
2022 RPCF ANNUAL EDUCATIONAL RETREAT

SPEAKER FEEDBACK

Q6 Crys Draconi - Coordinator Career Pathways: What's Next?
Answered: 20  Skipped: 1

Q3 Jameela Yussuf, MD - Addressing Burnout in 2022
Answered: 19  Skipped: 2

Q5 Anika Daniels-Osaze, Ed.D., MPH - Let Your Light Shine: Being Unapologetically You
Answered: 19  Skipped: 2
2022 RPCF ANNUAL EDUCATIONAL RETREAT

SPEAKER FEEDBACK

Q4 Robin Gitman, MBA, MPH - How to find control in chaos - strategies to avoid and address burnout

Answered 20, Skipped 1

Q2 Eve Faber, MD and Mariaverna Sevilla, C-TAGME - Navigating a Successful Program Director/Coordinator Relationship

Answered 20, Skipped 1

Q1 Jacquelynn Y. Orr, DrPH, FACHE - Change Your Game

Answered 19, Skipped 2
NEW POLICY FOR INTERVIEWERS: 12-WEEK RULE ATTESTATION
All candidates who interview with our residency and fellowship programs must sign the attestation form sent by Dr. Smith, acknowledging that their medical school education is in compliance with the NYS 12-week rule. Please keep a copy of their signed attestation within their residency interview/ERAS application folder. If you have already started interviewing (fellowship programs), please have all candidates sign for the ranking process (all candidates, not just the ones you will rank).

ERAS 2023 IMPORTANT DATES:
- 2023 September Cycle Residency Applicant Opening - September 7, 2022
- Residency programs may begin reviewing applications and Medical Student Performance Evaluations (MSPEs)- September 28, 2022
- NRMP Registration- September 15, 2022
- NRMP Rank order list certification deadline- March 1, 2023

TIPS
- Check your specialty program to see if they have a unified release date for when applicants can be notified for Interview Invitation and scheduling.
- Decide on your Interview days and times, who will be conducting Interviews, and how many Interviews you will have throughout the season.
- Choose your Interview season scheduling software, video platform, and how you will be evaluating your applicants.
- Now its time to wow those amazing applicants!
Professional Development Survey Results

On April 27, 2022 (Administrative Professionals Day), the Professional Development Committee surveyed the RPCF community.

Survey Results Summary:

- Thirty-four (34) responses.
- The top three topics; Ranked Strong Interest
  - How to Advocate for my Career – Know your Worth
  - Communication Skills – verbal & written
  - Relationship Management (PD and Coordinator)

- Other Topics of Interest
  - Wellness
  - Leadership Skills
  - Time Management
  - Project Management

- Professional Development Meeting Format
  - Virtual
  - 12 pm – 1 pm

Submitted by Natasha Henry, C-TAGME and Mariaverna Sevilla, C-TAGME
RPCF Professional Development Committee Co-chairs
PROFESSIONAL DEVELOPMENT

COORDINATOR HEALTH FAIR VOLUNTEER

We need YOUR help! We would love for the coordinators of the RPCF to come out in numbers and volunteer your services to assist with the setting-up of tents, tables and chairs, crowd management, registration, and other tasks as needed. In addition, we are also asking for any donations such as gift cards or other small-ticketed items which can be raffled off on the day of the health fair. Become a volunteer at the upcoming health fair. You can use this as an opportunity to update your resume.

Need credits for TAGME certification?

Academy for Program Coordinators is a series of professional development sessions delivered via Zoom. The sessions are sponsored by the Graduate Medical Education at Lake Granbury Medical Center, free of charge. The topics are related to the PC role and GME and even share best practices. The sessions can be counted towards your Education Credits for TAGME certification.

Check out their Virtual Bulletin Board (QR code)

Lake Granbury Medical Center
Graduate Medical Education
Our website is up and running check it out! Click Here For Link
Corrections and suggestions should be forwarded to Kino Williams.

COORDINATOR SPOTLIGHT
2022 RPCF AWARD NOMINEES

Recognizing the 2022 RPCF Nominees:
Juliet Arthur, MHA, C-TAGME
Natasha Henry, C-TAGME
Natasha Sagal, MSc, MSA
Barbara Singh
Mariaverna Sevilla, C-TAGME
Debareco Wilkie, MSc
Kino Williams, PsyD(c), MS, CPHQ, C-TAGME

RPCF BIRTHDAYS!

August
Tam, Leancia (Lisa) – 8/18
Dowling, Jacqueline – 8/27

September
Jardim-Hinds, Snobia – 9/2
Cooper, Lois – 9/10
Tellford, Jillian – 9/15
Faulknor, Nicole – 9/20
Williams, Kino – 9/29
RPCF GME Rising Star Award:
Chelsea Cole – Emergency Medicine

RPCF Humanitarian/Outreach/DEI/ Award:
Gillian Wells-Linton, Child and Adolescent Psychiatry
RPCF GME Distinguished Service Award: Chantal Littrean, MPH, C-TAGME, Department of Orthopaedic Surgery and Rehabilitation

RPCF Professional Development Award: Wynclette Knight, DrMHA(c), Department of Urology

Maimonides Medical Center Coordinator of the Year: Deborah Roman, Department of Anesthesia
DOWNSTATE'S 1ST ANNUAL HEALTH FAIR

Downstate Physicians present the 1st Annual

Community Healthy Lifestyle Fair
Sunday, September 25, 2022

445 Lenox Road (at Brooklyn Ave.)
10:00 am to 4:00 pm

Healthy Lifestyle Medicine • Health Screenings •
Community Resources • Cooking Demos •
Raffles • Yoga Classes • Kids’ Activities • Giveaways

GIVEAWAYS and ACTIVITIES
• FREE Bookbags • DJ
• School Supplies • 360 Camera
• Bouncy House

...AND MORE!

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.

FOR MORE INFO:
UHDHealthfair@downstate.edu
Kino Williams 718-270-8906 • Alishia Goodridge 718-270-3866
downstate.edu
UPCOMING EVENTS

The GMEC once again seeks to provide funding for wellness-themed projects such as educational sessions, workshops, or innovative ideas. As a reminder, six scholarships were awarded to programs last year.

If you have an idea for a Wellness Project, your project may be eligible for a GMEC scholarship. All applications must be approved and signed off by the program director.

Complete the attached application and return it to the email address below by October 14, 2022, to:

SUNYDownstateWellness@gmail.com

Rhonda Osborne, MD | Christine Guillen, MD
Resident/Fellow Wellness Workgroup

Does your program have an idea for a wellness project?

Please share your idea with us. The GMEC is seeking to provide funding for wellness projects such as, educational sessions, workshops, or any innovative ideas. Your project may be eligible for a GMEC scholarship.

Complete the accompanying application and return it to the:

3rd Annual GME Wellness Project Funding Contest
SUNYDownstateWellness@gmail.com
Deadline for Submission: October 14, 2022.

This email address is not for general communication. It will be inactive after the above deadline.
Developing a growth mindset can be more beneficial than you think. Growth mindset describes a way of viewing challenges and setbacks. People who have a growth mindset believe that even if they struggle with certain skills, their abilities aren’t set in stone. They think that with work, their skills can improve over time. Research has shown that a growth mindset allows people to navigate stress and challenges better and can lead to higher levels of wellbeing.
SHOUTOUTS

RPCF SALUTES THE DEPARTMENT OF DERMATOLOGY

A huge “Thank You” to the faculty, staff and residents of the Department of Dermatology for their generous donations in support of the UHD/RPCF Healthy Lifestyle Fair. The department donated:
- Two (2) 40” TV’s
- Five (5) bicycles
- Gift cards
All of which will be raffled off on 9/25/2022

Special shout out to Nathalie Mendez, who almost singlehandedly brought in over $8000 in donators and sponsorship for the health fair

Ice Cream for Wellness!! August 31, 2022, between 1 PM and 3 PM in the Grove
Big Thanks to those who volunteered to make this event possible. From left to right in the first picture:

Pediatric Chief Resident Abhilasha Ahuja, coordinators Juliet Arthur and Fremci Rosario, EAP Director Magda Alliancin, and coordinators Chantal Littrean, Mariaverena Sevilla, and Gillian Wells-Linton
UNITED WE STAND, DIVIDED WE FALL

We are only as strong as our weakest link. Let us make this year a memorable one. Developing relationships, mentors and/or like minders (people moving in the same direction). Let us celebrate our successes and learn from our failures. Let us make the RPCF 10 times better in 2022.

Send us an email, we look forward to hearing from you!

Editors:
Devareco Wilkie & Chelsea Cole