

Residency Coordinators' Forum Newsletter



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 "Naysayers".

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

A journey of a thousand miles begins with a single step..

~Lao Tzu

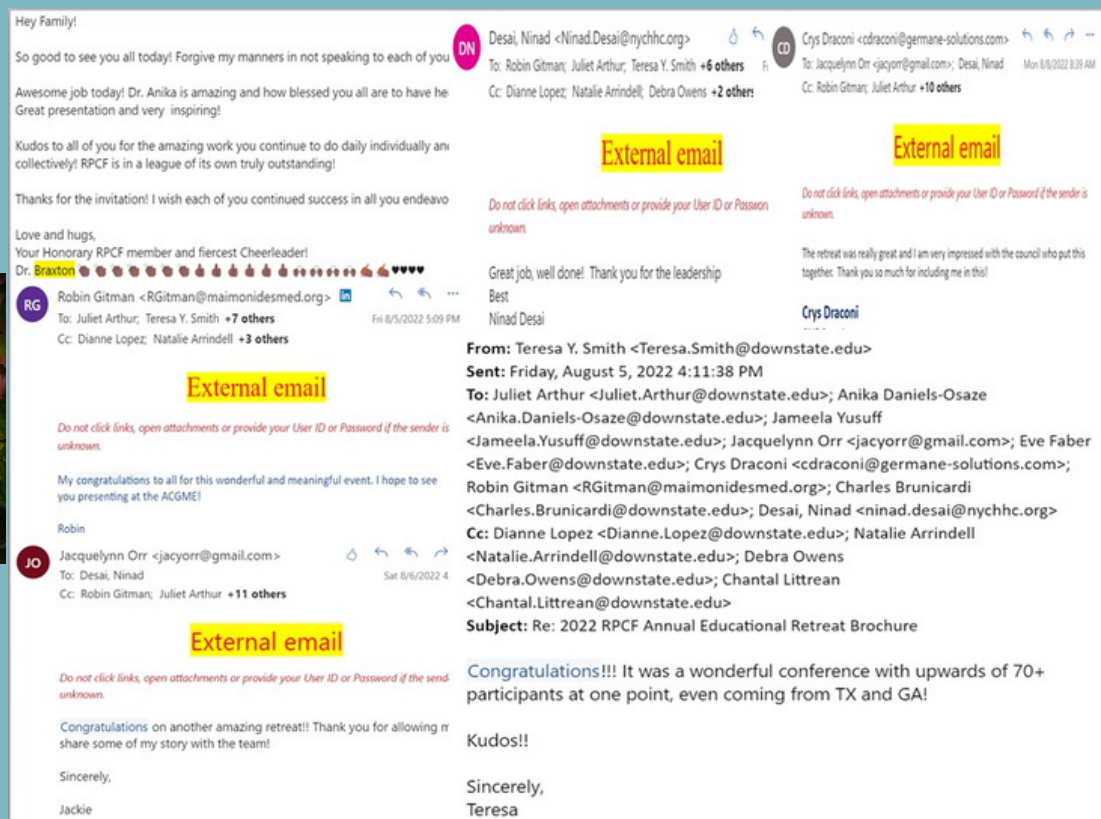
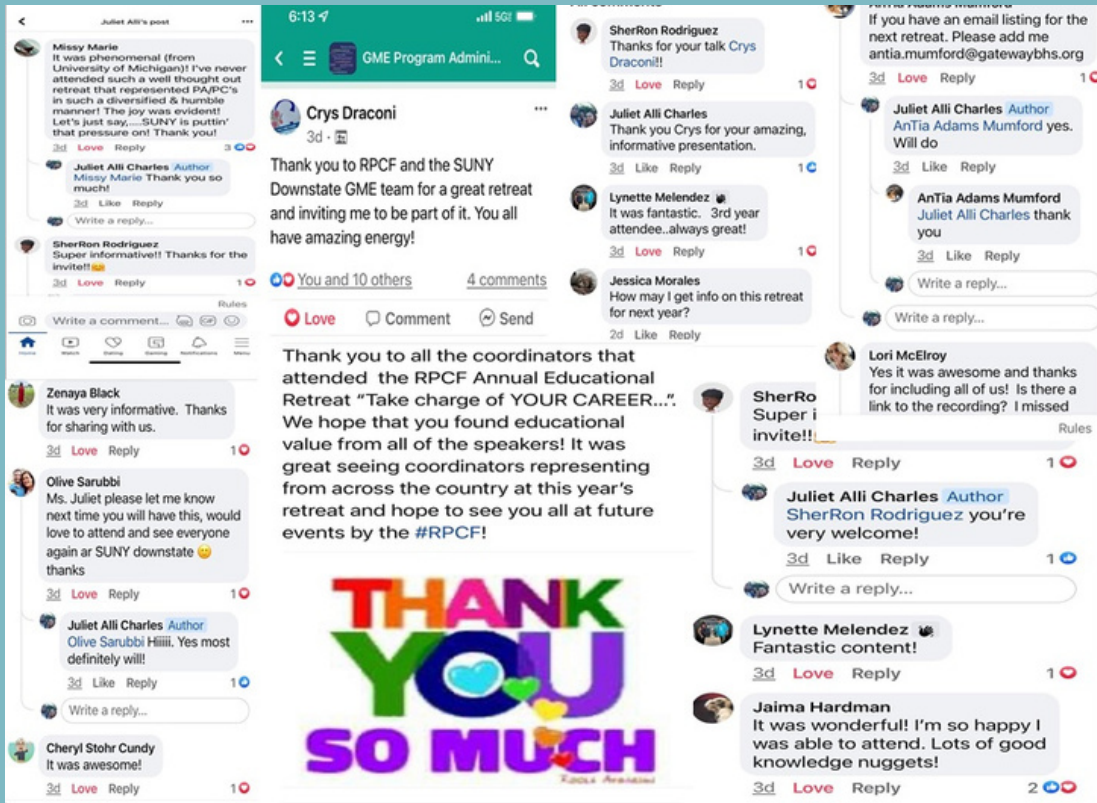
2022 RPCF ANNUAL EDUCATIONAL RETREAT

THANK YOU AND RECAP



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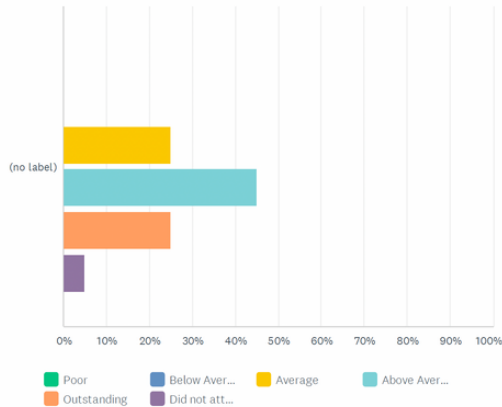
2022 RPCF ANNUAL EDUCATIONAL RETREAT

SPEAKER FEEDBACK

Copy of RPCF 2022 Virtual Retreat Feedback Survey

Q6 Crys Draconi - Coordinator Career Pathways: What's Next?

Answered: 20 Skipped: 1

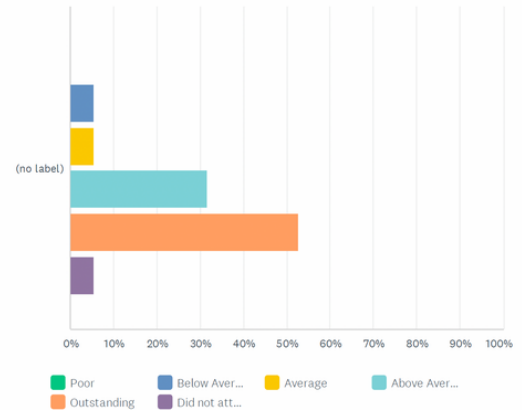


	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	OUTSTANDING	DID NOT ATTEND	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	25.00%	45.00%	25.00%	5.00%	20	4.00
(no label)	0	0	5	9	5	1		

Copy of RPCF 2022 Virtual Retreat Feedback Survey

Q3 Jameela Yussuf, MD - Addressing Burnout in 2022

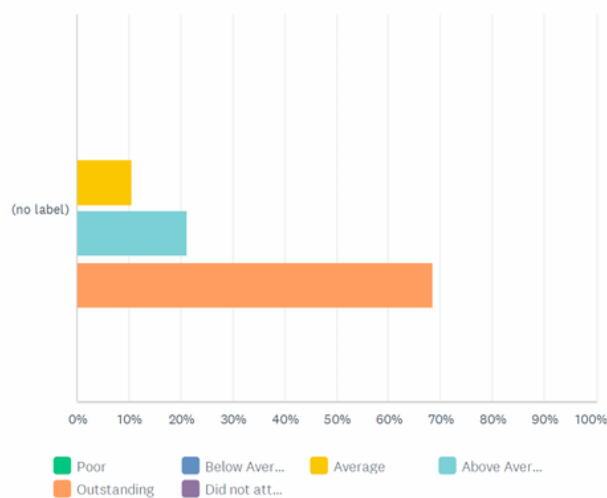
Answered: 19 Skipped: 2



	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	OUTSTANDING	DID NOT ATTEND	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	5.26%	5.26%	31.58%	52.63%	5.26%	19	4.39
(no label)	0	1	1	6	10	1		

Q5 Anika Daniels-Osaze, Ed.D., MPH - Let Your Light Shine: Being Unapologetically You

Answered: 19 Skipped: 2



	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	OUTSTANDING	DID NOT ATTEND	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	10.53%	21.05%	68.42%	0.00%	19	4.58
(no label)	0	0	2	4	13	0		

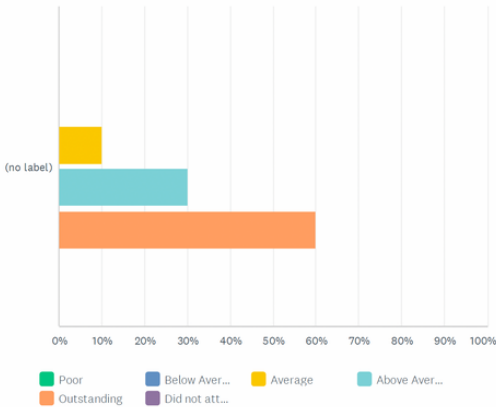
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SPEAKER FEEDBACK

Copy of RPCF 2022 Virtual Retreat Feedback Survey

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

Answered: 20 Skipped: 1

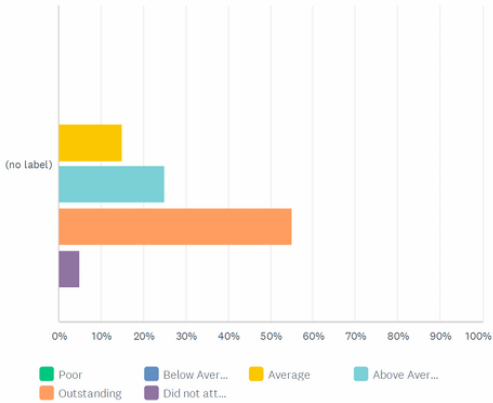


	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	OUTSTANDING	DID NOT ATTEND	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	10.00%	30.00%	60.00%	0.00%	20	4.50
(no label)	0	0	2	6	12	0		

Copy of RPCF 2022 Virtual Retreat Feedback Survey

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

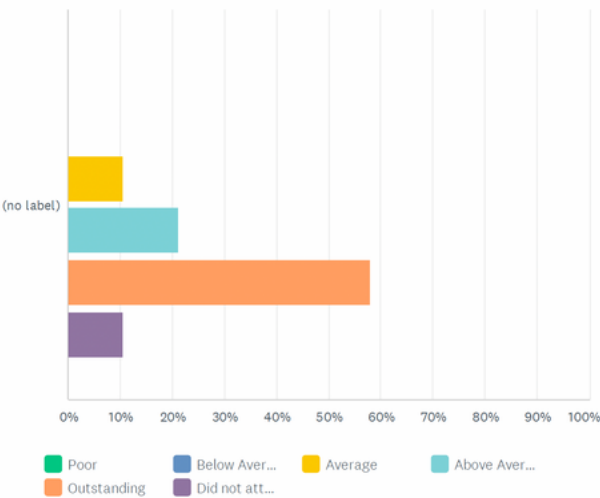
Answered: 20 Skipped: 1



	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	OUTSTANDING	DID NOT ATTEND	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	15.00%	25.00%	55.00%	5.00%	20	4.42
(no label)	0	0	3	5	11	1		

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

Answered: 19 Skipped: 2



	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	OUTSTANDING	DID NOT ATTEND	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	10.53%	21.05%	57.89%	10.53%	19	4.53
(no label)	0	0	2	4	11	2		

INTERVIEW SEASON INFORMATION & TIPS



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

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

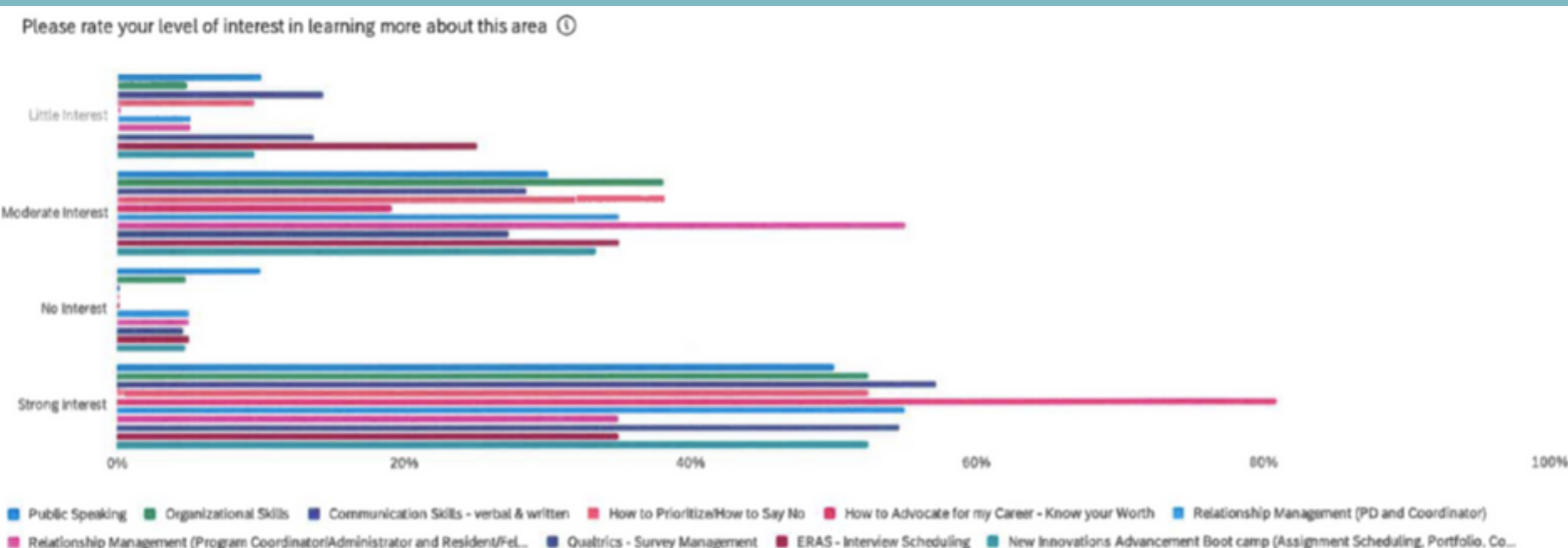
- **Professional Development Meeting Format**

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**

2022-2023

ACADEMY FOR PROGRAM COORDINATORS DATES AND TOPICS

- August 11
 - Coordinators Providing Feedback in GME
- September 8
 - Do We Color Just Inside the Lines?
- October 13
 - Setting Boundaries
- November 10
 - Self-Reflection

No session in December



COORDINATOR WEBSITE

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

Devareco 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



2022 RPCF AWARDS CONGRATULATIONS !!!!!!!



RPCF GME Rising Star Award:
Chelsea Cole- Emergency Medicine



RPCF Humanitarian/Outreach/DEI/ Award:
Gillian Wells-Linton,
Child and Adolescent Psychiatry

2022 RPCF AWARDS CONGRATULATIONS !!!!!!!



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

UPCOMING EVENTS

DOWNSTATE'S 1ST ANNUAL HEALTH FAIR



DOWNSTATE
HEALTH

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!



sodexo



healthfirst

JAYMORE REALTY

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

Healthy Doctors



Healthy Patients

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.

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:

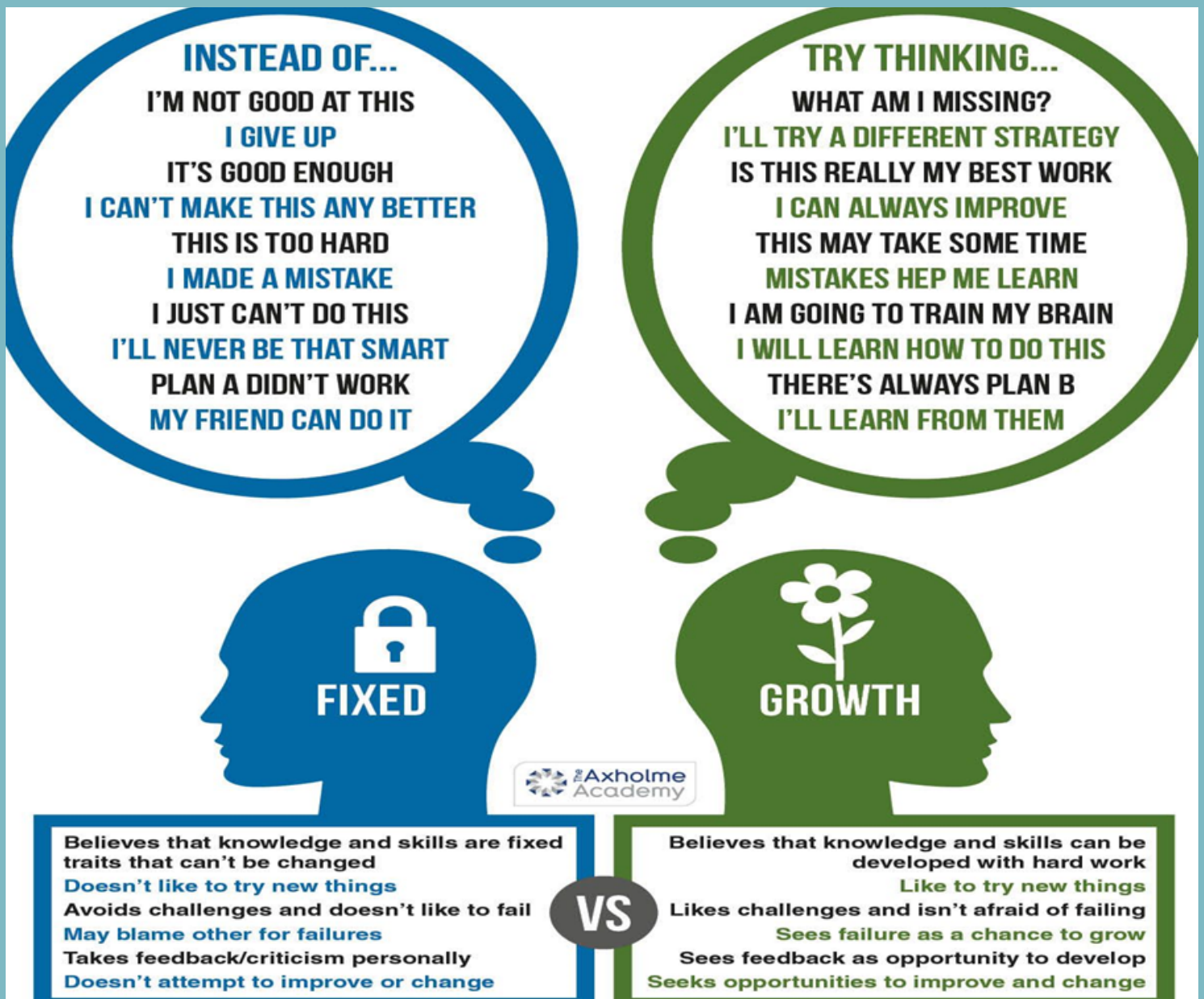
SUNYDownstateWellness@gmail.com

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

WELLNESS TIPS



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 donors 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, Mariaverna 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