

Residency Review

ADVANCING KNOWLEDGE. TRANSFORMING LIVES.

GRADUATE MEDICAL
EDUCATION



Incoming PGY-1 Residents



General Surgery - Tallahassee Memorial Health Care

Michael Garcia, Preliminary, University of Central Florida

David Holden, Preliminary, University of Florida

Julia Baek, University of South Florida

Ava Voss, Emory University

Family Medicine - BayCare Health System (Winter Haven)

Marvin Dieujuste, Florida State University

Brian Greene, American University of the Caribbean

Feisal Hamam, American University of Antigua

Trevor Owens, American University of the Caribbean

Ravi Patel, American University of the Caribbean

Dianna Pham, Nova Southeastern University



Family Medicine - Lee Health (Fort Myers)

Francesca Blazekovic, Ross University
Jenna De Francesco, Florida State University
Thomas Flynn, Loma Linda University
Shane Geffe, Florida State University
Joseph Guernsey, University of Florida
Gerard Mulles, St. George's University
Dakin White, St. George's University
Luke Wren, Marian University College



Emergency Medicine - Sarasota Memorial Health Care System

Phillip Bonar, Tulane University
Casey Cheney, Liberty University
Hannah Cianci, Edward Via College
Kevin Gil, Florida State University
Amy Lowther, Lake Erie
Stephanie Murphy, University of Central Florida
Joshua Pavlik, University of North Texas
Erica Warkus, University of Hawaii
Emily Wheeler, West Virginia University



Internal Medicine - Tallahassee Memorial HealthCare

Aazim Arif, Preliminary, Florida State University
Eduardo Serrano, Preliminary, International University of the Health Sciences
Muhammad Yasir Baloch, Bolan Medical College
Christina Donath, Ross University
Stephanie Evans, St. George's University
Justin Gilinski, St. George's University
Jacob Hentges, Florida State University
Jiun-Jye Lai, American University of Antigua
Saman Naeem, SABA University
Amelia Ordonez, University of South Florida Health Morsani



Internal Medicine - Sarasota Memorial Health Care System

- Katherine Burns**, Lincoln Memorial University
- Precious Idogun**, All Saints University in Dominica
- Samer Khader**, Hashemite University in Jordan
- Bobby Malik**, Edward Via College
- Ian Nora**, University of Limerick
- Dillan Patel**, University of Zambia
- Tyler Ruchti**, Lincoln Memorial University
- John Sia**, American University of Antigua
- Blake Studer**, Ross University
- Heather Vermilyea**, Edward Via College
- Richard Walo**, Lincoln Memorial University
- Zachary Whiteside**, Lincoln Memorial University
- Stephanie Williams**, Florida State University

GME Wellness Sub-Committee Newsbyte



Balance ... My Approach to Wellness

As wellness takes a forefront of importance within the realm of medicine today, everyone is pondering the concept or idea of “wellness” and so many questions arise. What does wellness look like? How can we ensure our medical professionals are maintaining a healthy, balanced life? What can be done to ensure we are meeting their needs and not allowing burnout to occur? The problem is, for some that might mean

getting a few extra minutes of sleep or a great workout class, for others it might be a night out with friends or a speaker that really resonates and motivates. It might mean also a free night spent at home with family or reading a good book/article that helps them clear their mind. Wellness is a complex and complicated topic that I believe can only be managed successfully with balance.

[Article](#)

- PGY-1 Resident Dr. Kevin Raymond, emergency medicine at Sarasota Memorial

Internal Medicine Residency at Tallahassee Memorial HealthCare



Thank a Resident Day

Residency is a key component of graduate medical training, offering an in-depth exposure to medical practice. It can often lead to long working hours matched with many responsibilities. Residents serve as the “house staff” of the hospital and are an integral part to the healthcare team, often serving as indispensable resources for medical students, especially during a clinical clerkship. In 2018, the Gold Humanism Honor Society decided to bring to light the importance of the resident staff and encourage medical students at chapters throughout the nation to show their gratitude and appreciation.

With special thanks to Coordinator **Inez Hudlow**, *Thank a Resident Day* was a huge success at TMH IM.



Food Rx Series

Food Rx is an interactive culinary medicine program designed to teach participants how to cook high quality, nutritious meals that can help prevent and treat chronic illnesses. It was set up for the residents in three classes: The first was Getting Started: Confidence in the Kitchen; the second, was Get the Low Down: Navigating Nutritiously; and, the third was: Cooking From the Heart: the Mediterranean Way. The lectures were a combination of presentations and demonstrations. The residents and faculty were able to engage and cook their own meals in two out of the three sessions..

Family Medicine Residency at Lee Health (Fort Myers)

Doctor of the Day



The Florida Academy of Family Physicians (FAFP) nominates two physicians for each day of the legislative session, one for the House of Representatives and one for the Senate. PGY-2 Resident **Dr. Tyler Spradling** and Associate Program Director **Dr. Christy Cavanagh** recently traveled to Tallahassee for the Florida House of Representatives, sponsored by **Representative Ray Rodrigues**.

Family Medicine Residency at BayCare Health System (Winter Haven)



Regional Campus Visit

Program Director, **Dr. Nate Falk**, and Coordinator **Nicole Russell**, MHA, recently visited the Tallahassee Regional Campus to speak to the medical students to let them know more about their new program in Winter Haven. They are anxious to start the first class of residents this July.

Dr. Falk; **Dr. Sandeep R Rahangdale**, Campus Dean; Nicole

Match Day Celebration

Program faculty and staff enjoyed its first match day together. While watching FSU's virtual event, they enjoyed gender reveal cakes, portrait unveiling, and other information sharing.

Nicole Russell, MHA, Program Manager; **Nate Falk**, MD, Program Director; **Ashley Wilk**, DO, Core Faculty; **Niyomi De Silva**, MD, Core Faculty; **Scott Garland**, PharmD, FM Pharmacy Faculty; **Ashley Falk**, MD, Core Faculty





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