

GATOR DOC PERIODICAL

UF Internal Medicine Newsletter

Team of the Month: Shands Red!

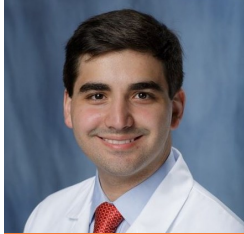
Congratulations to the team of the month for September 2018!

- Residents: Diana Hatamleh, Donevan Westerveld
- Interns: Rohann Whittingham, Stephen Rohrbough, Brian Coffey, Kristina Michaudet, Blake Thompson

Rewarded with a shiny championship belt for outstanding performance of effort over all other teams for the next month!



Get to know your September Intern and Resident of the Month!

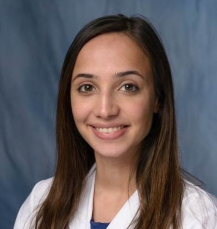


Andy Lopez, PGY-1

- Where are you from? Miami, FL
- Previous non-medical job? Chipotle Mexican Grill - would you like white or brown rice?
- Which animal best represents you and why? Horses - they are loyal and dependable
- Who inspires you and why? Secretariat... yes the horse
- Best advice you've ever received? Sometimes there is no right or wrong answer. You just make a decision and you make it right. - Rekha Reddy

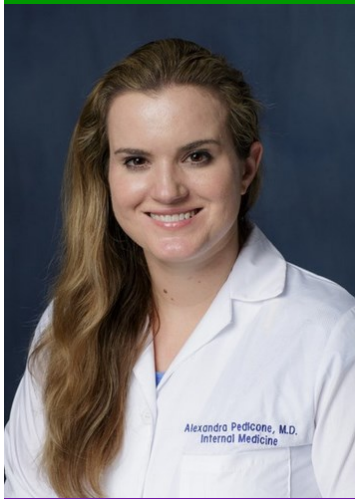
Meera Dave, PGY-3

- Where are you from? Orlando, FL
- Favorite restaurant in Gainesville? Satchel's
- Favorite Disney movie? Aladdin
- Favorite travel destination? Costa Rica
- What animal best represents you and why? Koala, they spend 75% of their free time sleeping



INVESTING IN RESIDENCY: The Roth IRA

Money management tips for retirement from Alex Pedicone, PGY-2



- What is a Roth IRA?** A Roth is a type of individual retirement account. This account uses POST-TAX dollars that go into an account, which means that at retirement when you go to withdraw, there will be no taxes on this money! However, once you put money into the Roth, you CANNOT withdraw it before age 59.5 without a penalty, unless under special circumstances.
- Why this matters:** You are making the lowest salary at this point in your career compared to any other time, which means that your tax on your contributions is also at the lowest point.
- Shouldn't I pay off my loans first?** This depends on a few factors. Are you planning on public service loan forgiveness? Are you going on to a fellowship which would make PSLF more feasible? How high is your interest? For example, If your interest is less than 5%, and you have loans that don't qualify for PSLF, the returns you get from investing MAY be greater than the interest and debt you are accruing.
- How do I open one?** IRAs can be opened at just about any bank, brokerage firm, or mutual fund company. ALWAYS get advice from the right people. At UF, we have a VALIC point of contact: William Gecks (william.gecks@valic.com / 352-367-2409) if you would like to open the account with VALIC.

WELLNESS IN RESIDENCY

Relaxation tips from Marie Claire Lamb, PGY-3

- Relax. **Once you're home, turn off.** You've signed off and you can trust that the system will keep your patients safe.
- Set boundaries for yourself. **Try not to login on your days off, say no when you can.**
- Do you have a hobby? **KEEP DOING IT!** If you are athletic, you must keep exercising, even if it is 7 minutes a day, do something. Are you an artist? Keep it up, some residents sketched while waiting for admissions.
- Treat yo self, get a massage, eat out, be with friends on your days off. It is important to pamper yourself for stress reduction, wellness and therapy.

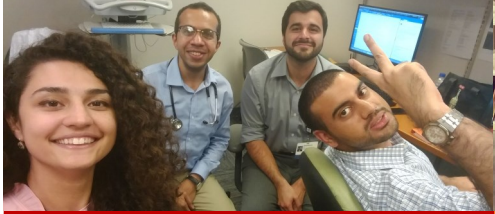


VOTE in midterm elections this year!

It is your civic duty.



Shands Blue!



Shands Red!



FRIM ceramic painting social!



Hematology/Oncology!



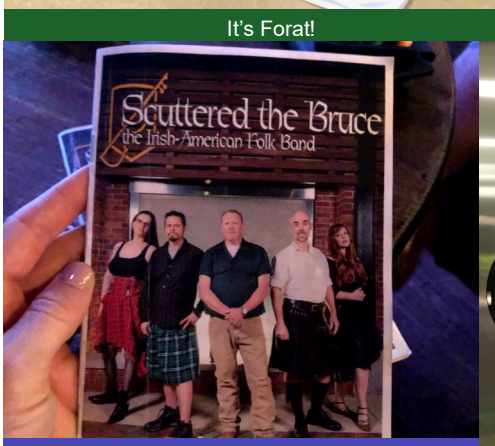
Asian-American Women's Club!



It's Forat!



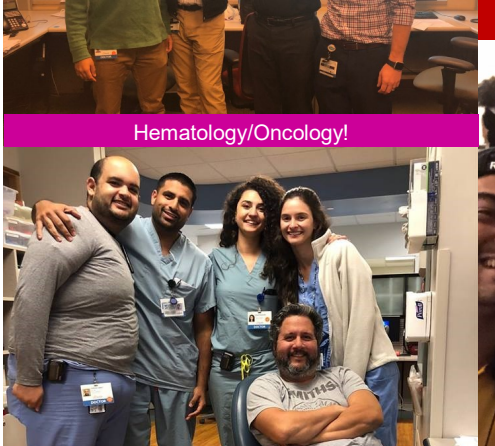
Post-FRIM!



Shands Orange!



Harris + Froyo! Why



Shands MICU Orange!



Halloween!

Want to be featured in the next Gator Doc periodical? We are looking for contributors and photos! #SelfiesWithSahil will be prioritized. Email Faith Villanueva at faith.villanueva@medicine.ufl.edu!