



# impact

MEMORIAL FAMILY MEDICINE RESIDENCY PROGRAM



Thinking back to March, when I was a 4th year medical student and the world was changing overnight, I worried I'd miss my opportunity to help. That certainly didn't end up being the case. I knew I'd have hard days these last few months.

I miss shaking hands with patients, giving 'high-fives' during well child visits, and hugging a patient that received terrible news. But, I try to think of the unique blessings of learning and working during this time. I'm grateful for each breath I am given, for being called to this line of work, and for the hope that there may be an end in sight.

– Kaitlin VanderKolk, MD, MPH  
First Year Resident

## Our New Norms: Adapting Amidst Adversity

Much has changed this year. The need for exceptional, accessible, patient-centered care has not. Since March, we've implemented and updated countless protocols to keep our team and patients safe.

### Virtual Recruitment

October 28th marked the start of our '20-'21 recruiting season. This year looks very different than ever before. That's because all of our interviews will be conducted virtually.

After months of restructuring, we'll utilize 'real-time' sessions and pre-recorded videos to connect medical students with as many faculty and residents as possible. It's not ideal, but we're confident that the interviewees will get a good feel for the people and culture that makes the Memorial Family Medicine Residency Program special.

This diverse group of students represents some of the best and brightest individuals pursuing a career in medicine today. We're looking forward to getting to know each one better and ultimately welcoming nine new residents to the program next year!

### Physician Wellness & Resiliency

Physician wellness and building resiliency are core obligations to both our residents and faculty, especially given our current pandemic environment. A resident-driven, and faculty-supported, wellness committee has been charged with

leading these efforts for our program. Some of their initiatives include:

- Quarterly noon conference series to address wellness, burnout, and resiliency from a resident's perspective
- Mentorship opportunities between residents and faculty
- Retreats for each PGY, as well as an annual all resident retreat
- Access to our "relaxation room," which features essential oils, full spectrum light, massage chair, etc.
- Bi-annual needs assessment survey designed to identify what each cohort needs regarding wellness
- "Open Agenda" sessions for each PGY year, facilitated by our Behavioral Medicine Director

### Clinic Changes

COVID-19 has presented challenges to providing care to our most vulnerable patients. As a result, we've implemented some important changes:

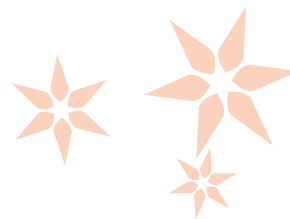
- Well side and sick side separations
- Changes to rotation schedules and patient scheduling
- In-office Respiratory Clinic



FOR OUR DONORS WHO MAKE A DIFFERENCE EVERYDAY

## Philanthropy in Action

Philanthropy touches most aspects of healthcare, including our program. We are incredibly grateful for the support of our donors.



### Food & Diaper Drive

In May, our team hosted a Food & Diaper Drive to support E. Blair Warner patients and their families. 40 local families benefited because of the generosity of our residency team, alumni, Beacon associates, and the Foundation. We handed out 40+ bags of food, hundreds of diapers, children's books, formula, and baby food. And, just as significant, some of our most at-risk patients felt supported, connected, and encouraged during an extremely challenging time.

We hope to make this an annual event!

### Other Upcoming Events

Each year, our team also hosts two other events for families in need: a **Thanksgiving Food Drive** and a **Holiday Giving Tree**. Food is distributed before and after Thanksgiving. And, many of these same patients and families will be beneficiaries of gifts from the Giving Tree, too.

We're incredibly thankful for the opportunity to support some of our most at-risk and financially-vulnerable families in this way.

If you'd like to get involved, email [give@beaconhealthsystem.org](mailto:give@beaconhealthsystem.org).



### Early Literacy Program

Memorial's Physician Philanthropy Council (PPC), a new Foundation initiative, funded a 2-year early literacy program benefitting our patients 6 months to 5 years of age. With the PPC's support, and Y3 Chief Resident Dr. Betsy Sutherland's leadership, we implemented the nationally-acclaimed Reach Out & Read Program this year.

The program, as noted in a 2014 American Academy of Pediatrics policy around the importance of early literacy promotion by PCP's, is "the most widely studied and disseminated model of literacy promotion in the child's medical home." Additional studies found it to be particularly effective for FQHC's and those serving high-risk populations.

We will track the success of the program over the next 2 years using specific metrics, but anticipate the following outcomes:

- Improved literacy for 1,400 pediatric patients per year at EBW, better preparing them to begin school
- Enhanced education for residents
- Improved relationships between providers and parents
- Continued support of best-practices in terms of providing excellent care for children and parents in clinic, particularly in the FQHC setting



### Global Health Endowment

We've reached an exciting milestone! Since 2017, more than \$100,000 has been donated to the Global Health Endowment. Once fully funded, it will ensure that future residents and fellows have the same opportunities for service and personal growth – through the International Rotation Elective – from which so many have benefited. COVID-19 has impacted our residents' ability to travel abroad this year, but the desire and need for international service remains significant. That's why we'll continue working diligently to reach our \$250,000 goal.

To learn more about how  
to get involved, email  
[give@beaconhealthsystem.org](mailto:give@beaconhealthsystem.org)  
or call 574.524.GIVE.



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