

Episode 2

Another Chapter

December 2022

The Side Bar:

SEASONS GREETINGS!

As it is suddenly December, this is an opportune time to reflect on the year.

Given the state of the world at large and of healthcare locally, I am sure we have each had to endure through significant trials and tribulations.

But hopefully we can just as readily find moments of joy and accomplishments to celebrate. Teaching can often be a source of joy for us and we hope the same holds true for you.

We wish a fantastic, safe, and healthy holiday season to each of you!

-The Low Down Team



The Low Down

The Lakeridge - Durham Queen's Preceptor Newsletter

QBOL 10 year anniversary!



From left to right: Dr. Michael Green, DFM Department Head; Dr. Wei-Hsi Pang, QBOL Site Director; Dr. Karen Schultz, Associate Dean, PGME

The Queen's Bowmanville-Oshawa-Lakeridge (QBOL) Queen's Family Medicine residency program celebrated its 10-year anniversary this year.

The site, launched as a partnership between Queen's University and Lakeridge Health, and with significant support from community physicians across Durham Region, welcomed its first residents in 2012 and has graduated 71 family physicians as of June 2022.

"Since the inception of the program, we have been happy to see that QBOL graduates have started practising in various settings across Canada," Dr. Pang, QBOL Site Director, says. "But we are especially proud to see that many of these graduates have settled nearby and are engaged with the program in various teaching and leadership roles. I think this speaks to the positive training experiences the residents have and the strength of the bonds residents build during their time at QBOL."

A Festive Drink Recipe:

Vanilla Mocha Hot Cocoa

Recipe by Tieghan Gerard

www.halfbakedharvest.com



Ingredients

- 4 1/2 cups whole milk
- 1/3 cup real maple syrup
- 1/4 cup unsweetened cocoa powder
- 6 ounces semi-sweet or dark chocolate, chopped
- 1 tablespoon vanilla extract
- 1 tablespoon instant coffee powder
- 1 pinch flaky salt
- whipped cream, for serving
- grated nutmeg or cinnamon

Instructions

1. Add the milk, maple syrup, cocoa powder, chocolate, vanilla, coffee powder, and pinch of salt to a large pot. Place the pot over medium low heat until the milk is scalding, but not boiling. Be sure to stir the pot often to make sure nothing is sticking to the bottom and burning.
2. Once the hot cocoa is steaming, ladle into mugs and dollop with whipped cream. Drink and enjoy!



From left to right: Dr. Corey Boimer, QBOL alumnus; and QBOL Preceptors, Dr. Michael Ward, Dr. Aubrey Kassirer, and Dr. Vincent Ho

Dr. Joel Pariag shares QBOL Assessment Lead duties with Dr. Seema Jain, and they have the unique perspective of also being QBOL alumni.

"From being one of the first residents to go through the QBOL program to being a preceptor and on the site committee, it's amazing to see just how much this program has grown and changed over the years," says Dr. Pariag. "It started out great but has truly morphed into something all staff and residents can be proud of."



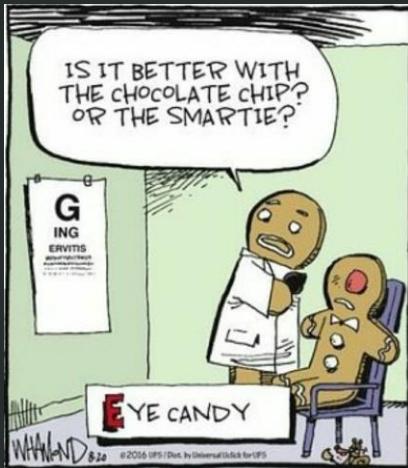
QBOL Alumni – Dr. Cindy Zhu, Dr. Jessie MacDonald, Dr. Vance Tran, Dr. Kate Gong, Dr. Jocelyn Stewart

Dr. Jain says her postgraduate training at the QBOL site laid the groundwork for her career in the area. "If I'm being entirely honest,

Holiday Humour



Glenn and Gary McCoy Cartoons



The Piano Eye Care Centre

coming into a distributed site, I wasn't sure how my residency experience would be affected. However, QBOL was such a warm and inviting program that I ended up staying to work and settle down in the Durham region. I am so glad to have been given the opportunity to become part of this program and to try my best and ensure that the new residents coming in have the same experience that I was given."



Back Row – Bette Gabriel, Former LHO Hospitalist Admin; Julie Hodges, QBOL Senior Program Coordinator; Amanda Aquilina, Former Specialty Disciplines Site Coordinator.

Front Row – Kris Bowes, Manager, Regional Education; Dr. Ruzica Jokic, Assistant Dean, Distributed Medical Education

Current residents and faculty members joined numerous QBOL alumni and past preceptors, Oshawa Mayor Dan Carter, and dignitaries from Queen's Family Medicine, Queen's Health Sciences, and the Belleville Quinte Queen's Family Medicine site at a dinner event September 22 to celebrate this 10-year milestone.

Thanks to everyone reading this newsletter. You have each made a material contribution to the tremendous success of the first decade of the QBOL FM site!

We look forward to celebrating many more future milestones and successes in the year to come!

New Specialty Disciplines Site Coordinator

Hello Everyone!

My name is Katelyn Barker and I am your new Specialty Disciplines Site Coordinator. I am very excited to be joining this amazing team and working with all of you. I am a Queen's University alumni who studied Political Science. I really enjoy helping people and am passionate about health care which has lead me here today. I grew up in Markham and moved to Brooklin five years ago. I love cooking, interior design and exploring new cities. I look forward to supporting you and providing a positive experience for everyone.



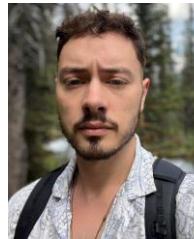
Katelyn Barker

New Cohort of Queens Lakeridge LICs – Class of 2024!

We are excited to welcome this year's cohort of Queen's Longitudinal Integrated Clerks (LICs) who started training at LH in September. Below are excerpts from their introductory photo poster. These posters have been distributed throughout the hospital.



Bahar Entezari



Colin Faulkner



Juehua (Jay) He



Mario Orsini



Mary Hoekstra



Olivia Mendoza



Paul Penkul



Wafa Khoja

Bahar Entezari (she/her) grew up in the GTA and am looking forward to being close to home after spending 4 years away in London for my undergraduate studies in Medical Sciences at Western University. I spend a lot of my free time at the gym, on a soccer field, paddling on Lake Ontario, or on a run... I'd consider myself a big foodie and like to try new restaurants as well as cook/bake myself...

Colin Faulkner (he/him) grew up in Guelph, ON, where he also attended university for English and Biomedical Sciences. He then completed a Master's degree in gerontology at the University of Toronto. A hobbyist by nature, Colin spends his free time rollerblading, reading, playing piano/violin, hiking, and napping. He has interests in the care of the elderly, as well as LGBTQ+ health.

Juehua "Jay" He (she/her) grew up in Mississauga, Ontario, and spent my childhood exploring the outdoors with my family on road trips and camping trips. More recently, one of my goals is to become certified for open water diving. I graduated from McMaster University in 2018 and worked as a pharmacy assistant before medical school. Outside of school, I enjoy spending time with friends hiking, snowboarding, or trying to win tickets to see musicals (Les Miserables remains our favourite).

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Mario Orsini (he/him) grew up in Etobicoke, Ontario and completed my undergraduate education at Western University in London. I studied Medical Sciences and Ivey Business concurrently, graduating in 2020. In my free time, I love cycling, playing tennis and soccer, and watching movies.

Mary Hoekstra (she/her) was born in Belleville, Ontario and was heavily involved in music growing up. I did my undergraduate degree at Queen's in Computing, with a specialization in Biomedical Computing. I then completed a Master's degree at McGill, where I studied genetic associations with aortic valve disease. Outside of school, I enjoy running, cooking, and singing. I have also worked part-time as a Personal Trainer for the past several years.

Olivia Mendoza (she/her) was born and raised in Mississauga, which I still call home to this day. I studied health sciences at McMaster University and after graduating, started studying medicine at Queen's. In my free time I enjoy reading, learning to play jazz piano, and baking!

Paul Penkul (he/him) grew up in Brampton, Ontario and studied Neuroscience at the University of Toronto. Prior to starting at Queen's Medicine, Paul worked as a Constituency Assistant at the Legislative Assembly of Ontario and later as a Software Engineer at Nokia. In his spare time, Paul enjoys reading, movies, playing trumpet, nature walks, volleyball, windsurfing and snowboarding.

Wafa Khoja (she/her) Hello! I am very excited to be joining the LIC team this year! I am currently from Oakville, Ontario, but grew up in Karachi, Calgary, Nairobi, and Washington, DC. I did my undergrad at McMaster University in the Arts and Science program and worked for a year before coming to Queen's. Outside of medicine, I love to dance, consume true-crime media, host my own podcast, and enjoy long walks.

Please join in welcoming our new LIC trainees to Lakeridge Health and Durham Region!

Thank you for helping to make this site so welcoming to medical learners of all levels!
