

## RESIDENT DOCTOR APPRECIATION WEEK



To celebrate Resident Doctor Appreciation Week, we will be highlighting some of our amazing residents across each year of training:

To kick off the week we want to give a big shout-out to Sara Rizakos and Jacquie Safieh – two of our PGY1 residents that truly embody the core values of our Paediatric Residency Program: compassion, commitment, and humility!

### **Sara Rizakos**

“My name is Sara and I’m one of the PGY1s! I love working at SickKids because despite the large size and number of people who work here, it feels like a tight knit family of amazing individuals who are always willing to lend a helping hand and who always bring a positive attitude every time they step through the door. When I’m not at the hospital, I enjoy spending time with family and friends, trying new restaurants across the city, and spending time outdoors.”



### **Jacquie Safieh**

“My name is Jacquie and I am one of the PGY1s this year! I feel privileged to work at SickKids because I love getting to meet and work with people from so many different backgrounds who are all united in their dedication to serving our patients and their families with love, compassion, and respect, while also creating a welcoming environment with lots of teaching and mentorship for learners. Outside of work, I love spending time in nature, caring for my plants, eating ice cream, and spending time with my family and friends.”

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For our second day of RDAW, we are shining the spotlight on our PGY2s! Meet Kim, Lena, Alisha, Paul, and Mallory – five of our second-year Paediatric Residents whom we'd like to recognize for demonstrating outstanding adaptability and for consistently stepping up to support their colleagues.

### **Lena Dolman**

“Hi everyone! I'm one of this year's PGY2 Peds residents, a born and raised Torontonian who is thrilled to be back in my home city after studying in Kingston, Montreal, and Hamilton. In addition to being a resident, other hats I've worn over the past decade include graduate student, manager for a genomic data-sharing organization, radio show host, and unofficial smoothie connoisseur. My favourite thing about being part of the SickKids team is the daily opportunity to meet incredible families from every corner of the globe, including those who are at the very start of making Canada their new home.”



### **Kimberly Young**

“Hi there, my name is Kim(berly) and I'm one of the PGY2s! I was voted as the resident most likely to be spotted at Toronto's newest restaurant, so here is a picture of me fulfilling my title (post-call). I'm so grateful to be able to go to work with amazing co-residents that I genuinely love/admire/want to spend time with, as well as supportive staff which include some cherished mentors who have helped me get here in the first place.”



## **Alisha Kapur**

"My name is Alisha and I am one of the PGY2s in Pediatrics. In this picture, you'll see me (hello!) and my "not so little" brother enjoying some time together at Disneyland. My favourite part of working at Sick Kids is my colleagues (staff, co-residents, nurses, social workers, physiotherapists, speech therapists, and many more); every individual is kind, caring, and understanding. From working together providing the best care to our patients to spending time discussing books and favourite TV shows, it is a privilege to call all my colleagues my friends."



## **Paul Ryan**

"I am a Paediatrics PGY2 here at SickKids, having moved over from my hometown of Cork, Ireland to start residency 2021. There are countless reasons that I continue to get a thrill as I enter the SickKids atrium, but a few top the list. The field-progressing research which is integrated into our clinical work, the direct access to medical world leaders in each specialty/subspecialty, the technically skilled and experienced nursing colleagues that create the effective and safe service, and the big blueberry protein smoothie from Jugo Juice. Outside of SickKids, I like to play a lot of flag/touch rugby and I'm currently trying to learn to skate well enough to someday play a game of shinny."



## **Mallory Jackman**

"Hi! I'm Mallory, one of the second-year Paediatrics residents. What makes me the proudest about being a resident at SickKids (aside from having incredible colleagues and patients) is all of the work being done by the hospital and our residency program to improve health equity and the overall healthcare environment. I also love that it's acceptable to wear a glitter sparkle fanny pack full of stickers to work! When I'm not at the hospital I love curling up on the couch with a cozy fantasy novel, trying out new recipes, or heading out for an outdoor adventure!"



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For our third day of RDAW, we would like to recognize some of our PGY3s! Meet Jess, Alex, Ali, and Ayedh. Third year is by far the most challenging year of residency and this group of individuals has met each challenge with profound resilience and poise. We can't wait to see what you do next!

### **Alex Kilian**

"Hi! I'm Alex and I am one of the PGY3s. What I love most about working at SickKids is that no matter how busy and sometimes stressful things get, everyone is committed to caring for the whole child, the whole family, and each other. For me, the moments of baby giggles, toddler laughter, and childhood joy - often amidst challenging circumstances - make all the work worth it. Most importantly the work is done with the most amazingly brilliant, caring, friendly, and dedicated interprofessional team. Outside of SickKids, I love to spend time outdoors (especially skiing, hiking, and running), and with my family and friends."



### **Ayedh Alhajri**

"Hello everyone, my name is Ayedh Alhajri. I am from a far far away land called Kuwait, a nice and enchanting country 10,260 Km away. I am here with my wife, Sara and my kids Bani and Mubarak. I love travelling, exploring, and connecting with people! What I love most about working at SickKids as a resident doctor is the sense of community and family!"



## **Ali Lootah**

"My name is Ali! I am one of the PGY3 pediatric residents as well as an IMG from the United Arab Emirates. Working at SickKids has been a very rich and unique experience. I am always excited about its learning environment and the highly respectful peers and staff. There is always a positive energy and a strong vibe which makes me feel belonging and capable in making a difference in Childrens' and their families lives. I also appreciate the collaborative approach and the teamwork dynamics which makes caring for sick children a very unique experience at different levels. I was lucky to join such a great institution and I am looking forward to being a sincere ambassador in bridging this experience to my country"



## **Jess Empringham**

"I am one of the third-year paedres residents at SickKids. I am from London Ontario and did my med school there as well. I am obsessed with my dog Emmy (whom I got in my first week of residency - a questionable decision) and live with my partner in liberty village. My favourite part of the program is, without a doubt, the people. My co-residents who make call fun, the staff and allied health - learning from them and about them every day. This job would not be the same without them!"

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Last, but certainly not least, we would like to recognize a few of our amazing PGY4s: Celine and Hassan! Nearly at the tail end of their paediatric training, these two have fully embraced all of the opportunities and challenges of residency with a smile on their face throughout it all. It's residents like Celine and Hassan that give our program its tight-knit "community feel".

### **Celine Conforti**

"My name is Celine and I'm one of the PGY4 pediatrics residents! My favourite part about working at SickKids is the amazing, passionate team of people who work here - including my incredible coresidents who work so hard and inspire me every day. Outside of SickKids I love to travel (pictured here in Hawaii with my better half), try fun new food places, read good books, and hang out with friends and family."



### **Hassan Jamal**

"From the boiling-hot weather of Saudi Arabia to the frosty, long-night winter of Canada is where my journey started; coming with the heritage of Arab culture to the spectacular multi-diversity of the Canadian matrix is when my enthusiasm sparked. SickKids' staff are no exception, they are to me as a family, no question. Dealing with children is my passion, especially during their sickness, and SickKids are always there for their wellness. Outside of SickKids, I am a father, with one boy to look after, and in my free time, you can find me in the beautiful nature."

