Ahh finally some downtime to reflect a bit on the past month. It's honestly been one of the most rewarding and well balanced months in a long time. As some of you may know, life was throwing me several curve balls towards the end of medical school. "Things happen for a reason." I was told by many as I explained to them my frustrations. The thing is, the "reasons" aren't always obvious and may take some time to emerge. I'm really happy to say that the rough patch that I walked along has turned quite smooth and those "reasons" are only becoming clearer and clearer in my life.

My days can be long. My nights can be filled. My energy can be drained. But my time is my time. We all have 24 hours in a day but it is how to utilize those limited hours that sets us apart. I strive to keep the important things in my life in a nice equilibrium. This includes of course my career and academics, my family, my friends, my love life, and probably the most important element - myself. My own hobbies, my own health, my own mindset. From the perspective of some, I may not be giving them enough time or attention but to those who can understand, it is for the sake of my own inner balance. Do keep in mind that all relationships are two way streets and I can't be the only one behind a steering wheel for things to work.

Alright, onto the good stuff...

This past month has been a block called Foundations where the new interns are oriented to different sites and services. We all spend a week on the labor and delivery floor caring for laboring moms and newborn babies. Another week in the hospital where we learn how to manage a whole slew of diseases. One week in our respective health care centers understanding how to address new concerns and control chronic conditions. Lastly, a week learning about the other sites part of the program and seeing how all the puzzle pieces fit together.

A truly unique aspect to this program, Foundations is meant to serve as a time to troubleshoot the endless IT problems, understand the workflow of each service, and of course to meet and greet the dozens of people who are part of this crazy process called healthcare. I'm very grateful for this month because the alternative is to just be thrown onto the floors and frantically figure out how things work. Letting patients suffer from ignorance. The seniors on each service have been tremendously helpful and kind. They do a good job orienting us to the new sites. There is plenty of synergy I've noticed. Not only across residents of different years, but also with the
ancillary staff of specialists, nurses, techs, etc. This was an important criteria during my search for a suitable residency and I'm happy that this exists within the system in which I work.

Going off of that idea of synergy, I really enjoy my co-residents. You have no control over the people chosen to work with you so this was always a mystery factor. Will we get along? Will we hate each others' guts? Will one of them have really smelly farts? You don't get to answer these important questions until you finally meet and work with them. A huge sigh of relief came out when I finally got to interact with them.

My own personal cohort of 3 other residents representing the Family Health Center on Queen street are all equally amazing. Two of them have one hour commutes to work - one of whom is doing that while in her third trimester of pregnancy! Though regardless of our demanding schedules, they all show up with contagious enthusiasm and continuously interesting inputs. They serve as a nice reminder that I shouldn't be complaining at all.

Living at home has been working out really nice. I wake up to breakfast and a packed lunch. When I come home, dinner has been prepared. Laundry has been washed and folded. Room has been vacuumed. And on top of all that, I get embraced by the love of my parents, siblings, and little rascals. What more can a guy ask for? Really doe.
comfort food meals with the chef herself. <3

love her to pieces.
Another person who has been making a huge impact on me lately has been my site director. Her name is Ginny and she is one of the most genuine doctors I've ever come across. Leading by example, the compassion that she shows towards everyone yields some incredible results. I'm inspired by her hard work and selflessness and as one of her residents, I get to be spoiled by all of her sacrifices. Everything that I've shared about the program so far has been really positive. She's is a big reason why that is. A strong role model is the best moral compass one can ask for and it's good to have such people in your life.

Regarding myself and my own personal balance beam. I feel like I've been making good choices lately. I'm doing what I gotta do to be who I wanna be. There's more purpose in my life right now which was what I was probably searching for this past year. I feel like I finally get to contribute to my community and the more I do, the better I feel about myself. Not a bad spiral to be caught up in. The different pieces of my life are fitting together much better now. Although I go to bed extremely exhausted most days, I wake up with a renewed feeling to go out there to learn and serve.