



Pediatric Crier

Department of Pediatrics Newsletter

<http://www.upstate.edu/gch/academics/newsletter.php>

UPAC Welcomes Maya Werksman

We are excited to be able to introduce our new Nurse Practitioner, Maya Werksman, NP, who has joined the outpatient team at UPAC. Maya shared the following intro about herself with the Crier:

Hello Everyone! My name is Maya Werksman and I am a new Family Nurse Practitioner at UPAC. I was born and raised in Syracuse, NY. I attended Le Moyne College for my undergrad and master's degree. I previously worked at St. Joseph's Health on a medical-surgical floor for 5 years as an RN. I also worked as a substitute school nurse and a home care nurse. My passion truly lies within nursing. There is not one aspect I do not love! Nursing is an extremely rewarding profession and I am so grateful I was able to expand my education and begin here at UPAC. My favorite hobbies are definitely being in the kitchen cooking, health and fitness, drinking coffee and playing with my golden retriever Zeke. I cannot express how ecstatic I am to begin my FNP profession, thank you all for such a warm welcome! Thank you, Maya Werksman, FNP



Welcome, Christina Nicolais, Ph.D.,



grew up in Liverpool and attended undergrad at LeMoyne College (Go

We are also excited to welcome our new Child Psychologist, Dr. Christina Nicolais, who shares the following: "I'm a local and am thrilled to finally return to Central New York! I

'Phins!). My family is full of healthcare professionals. I always knew that I wanted to work in medicine, but preferred thinking about the individual's experience with medicine rather than medicine itself. Pediatric psychology was the perfect fit for me. Since realizing that, I've had a lot of fun exploring new places as I've moved for each season of my training. I earned a Master's in Counseling Psychology from Virginia Commonwealth University in 2014 and a Ph.D. in Clinical Psychology from University of Miami in 2019. I completed an internship in Pediatric Psychology at Nationwide Children's in Columbus, OH. In August, I completed my post-doctoral psychology fellowship in critical care medicine at Nationwide Children's. It's been a lot of fun experiencing different cultures (yacht parties are a real thing and so is Buckeye Mania), enjoying different climates (except for the hurricanes) and making new friends around the country, but I'm happy to have landed back at home.

I'll be working with the pediatric pulmonary team, providing psychological and behavioral health services for patients seen in clinic and admitted for medical treatment. I'll also be working with Dr. Anne Reagan covering general pediatric consults on the medical floors. My research interests are in the areas of patient-provider communication and barriers to medical treatment adherence, particularly the overlap of these two factors. I'm hoping to continue this program of research.

In my non-work life, I enjoy spending time with my very lively Italian family and traveling to see friends (sadly, not so much now). I especially enjoy visiting my sister in Portland, Maine and taking trips to Disney World. I also enjoy watercolor painting, taking dance classes, cooking, watching figure skating, and reading. I'm looking forward to working with all of you!



In the News:

The 2020 40-Under-40 Award



Congratulations to our very own Asalim Thabet who was selected as one of the winners of the CNY Business Journal 40 under 40 Awards. The 2020 award ceremony was presented virtually on November 4, 2020. The 40 under Forty Awards recognizes 40 people in the CNY area who are under the age of 40 and who have excelled in the workplace and in the community. I think we can all agree they did an excellent job picking Dr. Thabet for this well deserved honor!

<https://www.cnybj.com/2020-40-under-forty-awards/>

ASALIM A. THABET
Clinical Assistant Professor
of Emergency Medicine &
Pediatrics
Upstate Medical University
Age: 36

As a native Syracusan, and the proud daughter of two immigrants, Dr. Asalim Thabet has had a life full of blessed opportunities. After completing her early childhood education as part of the Syracuse City public schools, she went to Le Moyne College for a bachelor's degree and then to Upstate Medical University to complete her medical degree. She stayed at Upstate University Hospital to complete a residency in pediatrics and further training specifically in pediatric emergency medicine. She is now a dual board-certified pediatric emergency medicine physician. When not in the hospital, she spends her time caring for her three sons and hanging out with extended family. Dr. Thabet says she is granted the privilege of caring for the sick children of the area and is always looking for ways to give back. She is an example that there are no limits in life except the ones you set for yourself.

One word that describes you best:
Meticulous



Hobbies:
Spending time with my sons and family & helping others

Secret talent:
Amazing basketball player

Bucket-list item:
To visit all 50 states of the USA

Best advice ever received:
Time is the most valuable asset you have

Volunteer activities:
Community outreach on pediatric preventive health and safety, mentoring local young girls, tutoring local children struggling in school, donating goods to the local shelters

But Wait – There's More: The 2020 Unsung Hero Award

As if that wasn't exciting enough, the Crier just learned that Dr. Thabet has also been announced as the recipient of the 2020 New York American College of Emergency Physicians (ACEP) Unsung Hero Award. The New York ACEP acknowledges the enormous efforts of

emergency medicine's unsung heroes who



go above and beyond for their colleagues, patients and community. Recipients of this award embody what it means to be an emergency physician

and their impact goes well beyond those they directly treat. They train young clinicians, share their skills, knowledge and experience and are always willing to do whatever is needed for their patients and colleagues.

Interview Season Is Well Underway!

We have now completed our first two interview days and have interviewed 40 outstanding applicants. This is, of course, all being done Brady-Bunch style. Here is a scene from our first interview day:



A special shout out to all of the residents who participated in the first two interview dinners. Apparently, we have applicants with really good taste because they all commented about what great residents we have, and also how much they enjoyed the BYO dinners!

Two down and six to go!

Welcome Madison Marie!

Congratulations to our Peds ID fellow, Danielle Daniels on the arrival of Madison Marie Daniels on 11/6/20 weighing 6 lbs and 10 oz. Mom reported to the Crier, "We're so in love! Definitely enjoying this special time with her." We are so happy for you and your family, Danielle!



Holiday happenings

Well needless to say, it is not going to be quite like any other year, but the show must go on, and there will be some Covid-compliant holiday celebrations going on this month within the department.

For starters close to 60 Secret Santas are currently hard at work delivering their secret gifts and, when appropriate, chunks of coal. There are some added challenges to being Santa during a pandemic (such as, how to secretly deliver your packages), but they are all up for the challenge. We hope to get some reports (and reveals) on December 17th.

Stay tuned for other holiday fun and surprises but in the meantime, be dusting off those ugly Christmas sweaters for this year's virtual ugly sweater contest also on December 17th.

The November Caption Contest

We think people had more fun enjoying the November caption picture than writing a caption for it, but we did have a winner! Congratulations, Lina Bourjas.



"Breaking news: New cases of resident burnout causing altered mental status" – Lina Bourjas

Runner up:

"Pediatric residents giving new meaning to a bad hair day" - Anonymous

DECEMBER BIRTHDAYS

12/1 Gloria Kennedy
12/12 Ahmed Eltayeb
12/18 Sophie Duron
12/19 Carlee Lenehan
12/23 Robert Lebel
12/24 Linda McAleer
12/25 LaShaun Jones
12/28 Jennifer Nead
12/31 Nadya Dillon