Hello to all of my Young Physician Colleagues!

My name is Audrey Merriam and I am the newest Young Physician Representative on the District I Advisory Council. I am a Maternal-Fetal Medicine physician at Yale-New Haven Hospital in Connecticut and am in the beginning of my third year of practice after fellowship. I was at Columbia University for my MFM fellowship and Christiana Care Health System in Delaware for my residency; however, I started my medical journey in good old District I at University of Vermont College of Medicine and did many of my clinical rotations at Maine Medical Center in Portland.

The District I ADM was October 4-6 in Rockport, ME at the Samoset Resort and was themed "Beat the Burnout."

Highlights from the weekend included:

- A talk and workshop from Jordyn Feingold (https://www.linkedin.com/in/jordyn-feingold-a7528163/) a current medical student at Mt Sinai in NYC who has completed her masters in applied positive psychology and has a primary interest in burnout and supporting physicians in practice
- A talk and workshop from Dr. Gail Gazelle (https://www.gailgazelle.com/) who is a former practicing physician that now spends her time as a one-on-one coach for physicians coping with burnout and the demands of clinical medicine
- Many activities in the sessions to get us out of our chairs and moving including: Bootcamp, Barre3 (taught by yours truly!), Yoga, book clubs, organic gardening, Zumba, ballroom dancing and more!
- We had a very successful PAC (Political Action Committee) Event on Saturday night at Sea Dog Brewery where everyone painted their Llamas and enjoyed great conversation and beers (no judgement on my llama)

The following resources may be of interest to Young Physicians in particular and I encourage you to go through them when you have time:
- ACOG Mentorship Program (https://www.acog.org/About-ACOG/Careers/ACOG-Mentorship-Program)
- Young Physician Education Bundles (https://www.acog.org/About-ACOG/ACOG-Departments/Young-Physicians/Young-Physician-Education-Bundles)
- Young Physician Massingill Family Scholarship (https://www.acog.org/About-ACOG/ACOG-Departments/Young-Physicians/Massingill-Scholarship) - This is to the Robert Cefalo Leadership Course and is a tremendous event. I went as a junior fellow and highly recommend it!

- Be on the lookout for an ACOG District I Instagram account!
- If your hospital is engaged in any Quality Improvement Projects we would love to hear about
them! We know we have hospitals of all sizes in District I and one approach does not fit all. Please let us know about your efforts to care for women and let us highlight them!

We are looking to gain more input from Young Fellows about what District I ACOG can do for Young Physicians in your Sections and want to provide them with information on how to get involved if they so choose. Please share my email (aamerr02@gmail.com) with any Young Physicians that would be interested in receiving emails/information about Young Physician events in District I or are looking for ways to get more involved locally or nationally.

I would love to start a Young Physician listserv for District I so we can connect, and I can communicate upcoming events and opportunities with other Young Physicians in a quicker, more direct way. I also hope to use this as a support system for Young Physicians in the District to reach out with questions on anything from practice to life to battling burnout and that ever changing work-life pendulum.