

# A-OPTICGram

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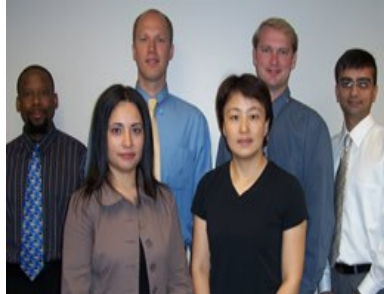
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## RESIDENCY SPOTLIGHT: CENTRAL WASHINGTON FAMILY MEDICINE RESIDENCY PROGRAM



Medicine Clinic functions more like a community practice than the typical residency.



- Yakima is a regional referral center with open heart surgery, dialysis, a level 3 neonatal intensive care unit and oncology services.
- The residency is located in a free-standing 36,200 square foot Family Medicine Center.
- The health center electronic medical record system and access to on-line resources provide up-to-date information for provides.
- The Central Washington Family Medicine Clinic functions more like a community practice than the typical residency.
- Both Yakima hospitals and the Clinic are within a mile of each other.
- CWFM-R does not use a night float system. Most calls are from home and time off is granted according to resident duty hour limits.
- Procedural training on site includes flexible sigmoidoscopy, colposcopy, obstetric ultrasound, normal office surgical procedures, casting, splinting, IUD insertion, vasectomy, and endometrial biopsy.

## Other Regional Sites and AOA website for CWFM

[AOA Statistical page for WCFM](#)

[Yakima Valley Conference of Governments](#)

[Greater Yakima Chamber of Commerce](#)

[State of Washington Tourism site](#)

[Wine Yakima Valley](#)

[Yakima County Website](#)



## Yakima: Part of the beautiful Northwest

- Yakima has been called the "Palm Springs of Washington" with good reason. The area averages 300 days of sunshine and just 8 inches of precipitation annually.
- Ten miles northwest of Yakima is the Yakima River Canyon, a designated state scenic route offering excellent wildlife viewing, fishing, river rafting, and camping.
- The canyon attracts bald eagles, river otters, coyotes, cougars, elk, bear, deer and bighorn sheep.
- The Yakima River is considered a "blue-ribbon" catch-and-release trout stream by Washington anglers and there are many outfitters who provide guided outings.



Residents and faculty enjoying a community service project in the nearby Cascade Mountains



## Plenty of options for things to do in Washington

- Walk, bike, roller blade or jog on the Yakima Greenway, a ten-mile paved path that follows the Yakima River and borders the City of Yakima.
- It includes a string of parks, shady nooks, lakes and playgrounds. The Yakima Area Arboretum borders the Greenway.

*"One of the reasons we moved here from New York state — the great white water kayaking that's nearby."*

Debra Gould, MD, MPH,  
Faculty member



## Downtown Yakima



- Touring professional and local performing arts are regularly presented at the beautifully restored vaudeville theatre in the heart of downtown Yakima, the Capitol Theatre.
- The Yakima Symphony Orchestra, Symphony Chorus, Community Concert Series, Town Hall Lectures and the "Best of Broadway" series are all part of the annual arts offerings.
- An active community theater group performs at the Warehouse Theater.

## North Front Street Historic District

The North Front Street Historic District in downtown Yakima offers activities and one-of-a-kind shops, services and restau-

rants located in authentic railroad cars and an early Opera House. Just a few blocks away, the Yakima Farmer's Market is

held weekly during the growing season.



## National News

[D.O.s Call for Eliminating Caps on Graduate medical Education Positions and Reducing Portion of Positions Available to Foreign Medical Grads](#)

[AOA Disappointed by President's Characterization of Physicians at News Conference](#)



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We're on the Web!

<http://aoptic.org>

## Upcoming Events

- Sept. 1 Curriculum Subcommittee 12:00 p.m. EDT to 1:00 p.m. EDT via Connect Pro
- Sept. 8 OGME meeting 12:00 p.m. EDT via Connect Pro
- Oct. 6 Research Subcommittee meeting 12:00 p.m. EDT via Connect Pro
- Oct. 13 OGME meeting 12:00 p.m. EDT via Connect Pro
- Oct. 15 OMM Grand Rounds 12:00 p.m. EDT via Connect Pro “OMM TO TREAT THE STRESS EFFECT OF CERVICAL AREAS “
- Nov. First quarter evaluations due
- Nov. 3 Faculty Development subcommittee meeting 12:00 p.m. EDT via Connect Pro.
- Nov. 11 Osteoquad begins

## State Societies News

From TOMA: Join AOA Campaign to Add DO Entry to AP Stylebook

LMU Library Bringing Medical Research to “Lonesome Docs”

Barbara Walker, DO, the director of the New Hanover Regional Medical Center Osteopathic Family Medicine residency program, re-elected as First Vice-President of the AOA



## Contact Us

We are always working on ways to improve the newsletter. Please send us your ideas, suggestions, any news about your program, staff, and facilities, and whatever else that you think would help publicize what good things are happening in your world. Please email Brad Marcum at [marcumb@pc.edu](mailto:marcumb@pc.edu) or call him at 606-218-5181.