



THE FAMILY MEDICINE CENTER

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To: East Hawaii IPA Physicians

From: Lynda M. Dolan MD

Re: Physician Mentorship for Hawaii Island Family Medicine Residents

Over the last several months I have spoken with various physicians in the community and have heard comments/questions about the lack of exposure to the family medicine residents: why are the residents not in the private physician offices, what does their training entail in this new age of regulation, what do they do outside of the hospital? Similar questions have been spoken by the residents: what does private practice look like, how is it to work and live in Hilo, how does one balance work, family and self-care?

If any of the above questions peak your interest and you are wanting to help play a role engaging, mentoring and helping grow the next generation of physicians in Hilo, please consider volunteering and be a mentor to one of the family medicine residents.

What does being a mentor entail? Very simple – give of your time, knowledge and expertise and sign up to be matched up with one of the residents. Commit to mentoring them throughout their residency years - take them out to dinner, a hike, a show, a sporting event, sit and talk with them, guide them, educate them or whatever works on a quarterly basis (minimum).

If you are interested please contact me via email at ldolan@fmchawaii.com, or office 808-933-9187, or cell/text 808-987-0743

Try mentoring - it can be a very rewarding experience! Look forward to hearing from you.