



## 2024 DOCTORS ON BOARD® PROGRAM and COMMUNITY HEALTH INTERNSHIP

### PROGRAM SCHEDULE

**SATURDAY, APRIL 6, 2024**

**VIRTUAL WORKSHOPS**

**9:00 – 9:30 AM Virtual Log-in**

**9:30 – 10:00 AM Welcome, Opening, Overview**

- Stalfana A. Bello, M.P.A., Executive Director, Physicians Medical Forum
- Albert L. Brooks, M.D., President, Physicians Medical Forum
- Warren J. Strudwick, Jr., M.D., M.B.A., CFO, Physicians Medical Forum
- Carolyn Washington, Virtual Program Coordinator, Physicians Medical Forum
- Julie Strane, Virtual & Outreach Program Coordinator, Physicians Medical Forum
- Board Members, Physicians Medical Forum

**10:00 – 10:30 AM Communications 101 – Best Practices to Achieve your Goals**

(Presentation followed by Q&A with students)

Speakers:

- Stalfana A. Bello, M.P.A., Executive Director  
Physicians Medical Forum
- Dana Abdelgadir, Medical Student, First Year  
University of California, Los Angeles  
David Geffen School of Medicine

**10:35 – 11:35 AM Association of American Medical Colleges (AAMC):**

2024 Update on MCAT: Applying for Medical School, Financial Aid and more  
(Presentation followed by Q&A with students)

Speakers:

- Jena Wimsatt, MA  
Digital Communications & Outreach Specialist
- Cate Jackson  
Senior Communications and Outreach Specialist
- Nia Brown  
Sr. Communications and Outreach Specialist

**11:35 – 12:45 PM Overview of Princeton Review Resources**

Princeton Review: MCAT Overview and Updates  
Princeton Review: SAT vs ACT Overview and Updates  
(Presentation followed by Q&A with students)

Speakers:

- Tiffany Sydlik, Market Director Princeton Review, Outreach/Pacific & Southwest
- Princeton Review Team

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**1:00 – 2:00 PM      Research: Why it is Important in Your Journey to Become a Doctor**

(Presentation followed by Q&A with students)

Speakers:

- Kafi Hemphill, M.D., Neurovascular Fellow  
Harborview Medical Center, University of Washington
- Anna Awolope, Medical Student, 4th Year  
University of California, Davis School of Medicine

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**2:30 – 3:00 PM      Closing Remarks & Overview for program on Sunday**

**SUNDAY, APRIL 7, 2024**

**MENTORING LUNCHEON AND MOCK CLINICS – IN PERSON**

**THE CLAREMONT – A FAIRMONT HOTEL, BERKELEY, CA**

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**8:00 – 9:00 AM      Check-in**

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**9:00 – 9:30 AM      Welcome and Overview**

- Stalfana A. Bello, M.P.A.  
Executive Director, Physicians Medical Forum  
Conference Coordinator, Doctors On Board Program
- Albert L. Brooks, M.D., OB/GYN (Ret.)  
President, Physicians Medical Forum  
President, Washington Township Medical Group (WTMG)  
President, Alameda Contra Costa Medical Association (ACCMA)

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**9:30 – 10:15 AM      Your Journey to Becoming a Doctor: Tips you should know**

(Presentation followed by Q&A with students)

- Moderator: Warren J. Strudwick, Jr., M.D., M.B.A.  
Orthopedic Surgery and Sports Medicine  
CFO, Physicians Medical Forum

Speakers:

- Charlene K. Green, PsyD  
Assistant Dean of Admissions Outreach and Diversity  
University of California, Davis School of Medicine
- Regina Stokes Offodile, M.D., MMHC, MHPE, MSPH  
Associate Dean of Student Affairs and Admission  
Charles R. Drew University of Medicine and Science
- Calvin B. Wheeler, M.D., BS Pharm, FAAP  
Pediatric Neurology  
The Kaiser Permanente Medical Group/TPMG (Ret. Physician)  
Consultant, Kaiser Permanente School of Medicine
- Carol Miller, M.D., Pediatrics (Ret.)  
Professor, Emerita on Recall University of California, San Francisco School of Medicine  
Board of Directors, Physicians Medical Forum

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**10:15 – 10:30 AM Speed Mentoring Session Overview**

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**10:30 – 11:30 AM Speed Mentoring Session**

Facilitators and Timers:

- Alden (Chip) McDonald, M.D., F.A.C.C., Cardiology  
Director of Diversity, Equity and Inclusion  
Sutter East Bay Medical Group  
Board of Directors, Physicians Medical Forum
  - Stalfana A. Bello, M.P.A.  
Executive Director, Physicians Medical Forum  
Conference Coordinator, Doctors On Board Program
  - Carolyn Washington, Certified Compensation Professional (CCP)  
Program Coordinator, Doctors On Board Program
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**11:30 – 12:45 PM Mentoring Luncheon:  
Students with Doctors, Residents, Medical Students and More**

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**12:45 – 2:30 PM Mock Clinics: Anatomy, Primary Care, Surgery and Medical Specialties**

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**12:30 – 2:30 PM Workshop: Guide to Parents and Families of Future Doctors**

Moderators:

- Stacey D. Gambrell Hunt, M.D., Dermatology  
Kaiser Permanente
- Thurman E. Hunt, M.D., M.B.A.  
Anesthesiology, Medical Director of Respiratory Care Services  
Highland Hospital, Alameda County Health System  
Board of Directors, Physicians Medical Forum

Speakers:

- Jane'e Murray, M.D., Resident Physician  
Emergency Medicine, Brooklyn Hospital
  - Carol Miller, M.D., Pediatrics (Ret.)  
Professor, Emerita on Recall University of California, San Francisco School of Medicine  
Board of Directors, Physicians Medical Forum
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**2:30 – 3:30 PM Doctors On Board Ceremony and Awarding  
of Students Certificates of Completion**

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## Physicians Medical Forum Board of Directors

Albert L. Brooks, M.D., President  
Kathryn E. Malone, M.D., Vice-President  
Carol Miller, M.D., Secretary  
Warren J. Strudwick, Jr., M.D., M.B.A., CFO  
J. Renee Navarro, M.D., PharmD, Director  
Alden (Chip) McDonald, M.D., F.A.C.C., Director  
Thurman E. Hunt, M.D., M.B.A., Director  
Stalfana A. Bello, M.P.A., Ex-Officio

## Physicians Medical Forum 2024 Team Members Doctors On Board Program & Community Health Internship

Stalfana Bello, M.P.A., Executive Director & Conference Coordinator  
Carolyn Washington, CCP, Program Coordinator and Virtual Coordinator  
Julie Strane, Program Coordinator and Virtual Coordinator  
Donna Tate, Web Developer and Graphic Designer  
Divana Hayes, Program Administrative Assistant  
Justin Byrdie, Outreach and Conference Assistant  
Dana Abdelgadir, Medical Student  
Limi Ahmed, Medical Student  
Demond Rodgers, Medical Student  
Gerrado Gomez, Conference Assistant  
Benjamin Gomez, Conference Assistant  
Daniel Barnard Tawatao, Conference Aide  
Lalayne Hayes, Conference Aide  
Yesenia Zaragoza, Aide