INTERNAL MEDICINE — PEDIATRICS

RESIDENTS
2016 – 2017
Internal Medicine — Pediatrics Residents • 2016–2017

Alexis Beinlich, D.O.
PRG 3

Elizabeth Christian, M.D.
PRG 2

Joshua Cowgill, M.D.
PRG 4

Elizabeth Dougherty, M.D.
PRG 4

Allison Fluke, D.O.
PRG 1

Andrew Long, M.D.
PRG 2

Kiera McElrone, D.O.
PRG 3

Laura Onderko, M.D.
PRG 2

Stephen Pagkalinawan, M.D.
PRG 1

Jarrod Tembreull, M.D.
PRG 1

Andreas Thyssen, M.D.
PRG 4

Christopher Withers, M.D.
PRG 3
Alexis Beinlich, D.O.

**Hometown:** Lakeland, MN

**Medical School:** Des Moines University College of Osteopathic Medicine

**Medical Interests and Career Direction:** In true med-peds fashion, I am not sure yet! Of particular interest are medical education and strategies surrounding “adult learning,” musculoskeletal medicine (especially as it pertains to acute and chronic disease manifestations), as well as acute/critical care.

**Why MMC:** I had never been to Maine prior to my interview here, but it didn’t take long to realize it would be a great place for me to be. I like the relative size of the respective resident programs at MMC and felt it would be an optimal learning environment. It was important for me to have a program with equally strong medicine and pediatric programs in a setting with a diverse patient population and medical pathology.

**Favorites:** Gelato Fiasco, Central Provisions (so far...likely more additions to come). The White Mountains are amazing and I love having the ocean nearby.

**My Co-residents:** They have been wonderfully supportive, knowledgeable, and entertaining. I am excited to work with them for the next four years!
Elizabeth Christian, M.D.

**Hometown:** Buffalo, NY

**Medical School:** Rush Medical College

**Medical Interests and Career Direction:** Academic medicine, either specializing in infectious disease or staying general with hospital medicine

**Why MMC:** The residents seemed very balanced, both enthusiastic about medicine and becoming great doctors, but with outside interests and activities. It was clear that there was a hospital wide commitment to excellence. Portland also seemed like a really neat city to live in, with a ton of great restaurants, easy access to the outdoors, and very friendly inhabitants (not to mention great farmer’s markets, local CSAs and compost-friendly cafes).

**Favorite place to eat:** Outliers

**Favorite place to eat ice cream:** Beal’s old fashioned ice cream

**Favorite place to tango:** Maine Ballroom Dance Studio
Joshua Cowgill, M.D.

**Hometown:** Wheelersburgh, OH

**Medical School:** University of Cincinnati

**Medical Interests and Career Direction:** I’m flexible. I’ve been thinking primary care for a while now, but part of the appeal of Med-Peds in general is the ability to specialize in anything should I change my mind.

**Why MMC:** I initially applied and interviewed at MMC because I thought it sounded like fun in terms of having access to physical things that I really didn’t have access to in the Midwest (oceans and mountains and big East Coast cities nearby, etc.). But then when I came to Portland to interview, I was really struck by the overall quality of life people had here. Most of the people I met seemed to be mostly happy, most of the time. This wasn’t something I saw at every program I visited. This quality of life was evident everywhere, but it was most impressive in the residents I met. They were bright and happy and energetic. Residency hadn’t swallowed them; they hadn’t lost who they were. They loved their jobs and they loved being in Maine. I was pretty much sold on this program after spending a couple of days in Portland, but I’d be remiss to not mention that the hospital/educational experience is second to none as well. While the hospital certainly isn’t the largest in New England, it is the only tertiary center in Maine. What that means for me is that I get to see and treat anything that is medically interesting or complex that happens in this state. There is essentially nothing in Internal Medicine or Pediatrics that has to be referred somewhere else. Size of institution wasn’t really important to me but breadth of encountered pathology was.

**Favorite Kayaking in Maine:** Island hopping in Casco Bay (after launching from my back yard!)

**Favorite Pizza:** Micucci’s (classics are classics for a reason)

**Favorite Bourbon in Maine (or anywhere else in the world for that matter):** Weller 12 Year

**Favorite Puppy:** Rowdy Cowgill
Elizabeth Dougherty, M.D.

Hometown: Lowell, MA
Medical School: University of Massachusetts Medical School
Medical Interests and Career Direction: Primary Care
Hobbies: Travel & trivia
Why MMC: The people and the location.
Allison Fluke, D.O.

**Hometown:** Ambler, PA  
**Medical School:** Edward Via College of Osteopathic Medicine - Virginia Campus  
**Medical Interests and Career Direction:** Med-Peds Hospitalist, Academic Medicine, Critical Care and Pulmonology  
**Why I Chose MMC:** Even though I had never been to Maine until my interview day, I found MMC to be a gem of a program. MMC was the perfect fit of what I wanted in a program and had faculty that made me feel welcome. MMC offers clinical faculty that truly enjoy teaching residents and a program where the residents know each other across all specialties. MMC is small enough that the attending physicians know you as a person and large enough that you take care of diverse pathology from a large catchment area. The Med-Peds residents have their own program identity, but are well integrated into both the categorical Medicine and Pediatrics programs. Portland is also a great place to live!  
**Favorite things about Portland:** I love that Portland has all of the amenities of a big city (concerts, great restaurants, entertainment), but also has a small town feel. Within minutes from downtown you can be outside running, biking, hiking, at a beach, or snowboarding in the mountains. Even on long hospital days, there is a great quality of life accessible only a short distance away.  
**Favorite Activities:** running, singing, hiking, snowboarding, biking, paddle-boarding, fishing, watching college football (Go Hokies!), and playing with my dog  
**Favorite Oysters:** Eventide or Street and Co.  
**Favorite Lobster Roll:** 3 Buoy’s Seafood Shanty and Grille
Hometown: Pulaski, VA

Medical School: Virginia Commonwealth University, Medical College of Virginia

Medical Interests and Career Direction: Part of the beauty of med-peds is the near limitless options it holds. Like so many who go into this field, I am completely torn about my future direction. I’m so excited to have the opportunity to become the ultimate generalist, but I am also drawn to critical care medicine, rheumatology, and GI. An eclectic mix, I know. I’m very thankful to have the next 3 to 4 years to figure it out.

Why I MMC: So many reasons! After growing up in rural Virginia, I wanted a residency program that would give me opportunities to experience rural medicine to see for myself if it’s something I would like to do with my career. I also wanted a program with a wide catchment area so I could train in a place that sees a diverse range of pathology (serving the entire state of Maine and neighboring parts of New Hampshire, MMC has this in spades!). However, I think the most important factor for me was the people that make up this program and the hospital at large – everyone is so open and inviting! I could not have asked for a more supportive environment.

Favorite seafood joint: Susan’s Fish and Chips. A bit off the beaten path, but SO worth it. I recommend the fried scallop basket – it is a ridiculous taste explosion!

Favorite place to see live music: Thompson’s Point. With a litany of excellent bands playing the outdoor stage all summer and very affordable tickets, what’s not to love?
Kiera McElrone, D.O.

Hometown: Narberth, PA (outside Philadelphia)

Medical School: Philadelphia College of Osteopathic Medicine

Medical Interests and Career Direction: Hospitalist or Primary Care. I have a general interest in chronic disease management, transition care, and palliative medicine. One of the fabulous things about Med-Peds is that our options are wide open and we have such varied interests. It’s great to learn from each other and see where we all end up.

Why MMC: 1) A strong mix of both academic and community medicine that is resident-driven. There is a wide range of pathology and the bread and butter. It’s perfect for training. 2) A strong sense of community. Residents and faculty know your name and look out for each other both professionally and personally. I have experienced this since day one. It’s been more supportive than I ever could have imagined. 3) Portland - it’s a great city to be in. It has wonderful food, great outdoors, beautiful scenery, and a nice music and theater scene. I wake up and look at the Casco Bay every morning. Can’t beat that!

Favorite Places in Portland (so far): The Eastern Promenade, Crescent Beach, Duckfat, Eventide, the short drive to Acadia or Boston.

Favorite Food: Ice cream
Laura Onderko, M.D.

Hometown: Glastonbury, CT

Medical School: Temple University School of Medicine

Medical Interests and Career Direction: I am still pretty undecided! I like the strong relationships and continuity of primary care, but chose med-peds because of the opportunity to specialize as well. I am particularly interested in either endocrinology or infectious disease. Ultimately I would like to do a combined fellowship in either one of those fields and work in medical education.

Why MMC: I did an away rotation in my fourth year with Pediatric Genetics at MMC and loved it. Everyone was so friendly and I learned so much. There is a great sense of community here and everyone is always happy to help out in any way they can. I think MMC has the perfect balance between being an academic and community hospital. Living in Portland is a great bonus too!

Favorites: Gelato Fiasco, Wolfe’s Neck State Park, exploring all the nearby places to hike and spend time outdoors
Stephen Pagkalininawan, M.D.

**Hometown:** North Arlington, NJ (about 30 minutes outside NYC)

**Medical School:** Rutgers New Jersey Medical School

**Medical Interests and Career Direction:** As of now, I haven’t fully decided if I’ll become a hospitalist versus going for fellowship. If I were to sub-specialize, however, based on my experiences in med school, Infectious Disease and Heme/Onc interest me the most. I also have a burgeoning interest in LGBT health advocacy, so we’ll see where that’ll take me.

**Why MMC:** On my interview day, I got a vibe that told me MMC was a great place to learn from supportive peers (i.e. no gunners) and faculty in an environment with diverse pathology owing to its status as a tertiary care center. Residency is stressful enough, so I wanted to find a program that had people who were easy to get along with, but challenging enough to push me to become the best doctor I could be. The city itself was also a major draw. All I knew about Portland was that it was a small city where my boyfriend had vacationed once. When I came up here for my interview, I was pleasantly surprised at how much I liked the city. There were tons of restaurants that appealed to my foodie side, tons of trails for running, nearby beaches to visit in the summer, and mountains for snowboarding in the winter. It was even gay-friendly and had its own awesome Pride Parade! In summary, I picked MMC because it has great medical cases to learn from, great people to work with, and great small city environment to provide me with fun stuff to do in my downtime.

**Favorite place to eat:** Otto’s Pizza (Holy Donuts is my runner-up)

**Favorite place to grab a beer:** Arcadia (videogames and beer!)

**Favorite beach:** Crescent Beach State Park
Jarrod Tembreull, M.D.

Hometown: Becker, Minnesota (Small town USA)

Medical School: University of Minnesota

Medical Interests & Career Direction: In typical Med-Peds fashion I’m hoping to carve myself a little piece of everything. A few of my mentors back home have been able to do hospitalist medicine in both medicine and pediatrics so I am hoping to take a leaf out of their book and maybe throw in a little bit of outpatient at the same time just to mix things up a little more.

Why MMC: One of the Med-Peds residents that I worked with as a student in Minnesota was from Maine and spent a lot of time as a student at Maine Med so she was the first to pique my interest about the area. I’m a strong believer that as a resident you will get excellent training almost everywhere. The most important thing for me when interviewing was to find a place that was supportive and would allow me to have a life outside of residency. The first thing that struck me was the laid back atmosphere of the residents and the cordial interaction with faculty. In just my brief time here so far I’ve come to appreciate the incredible faculty we have and I think you would be hard put to find better teaching. As a resident you are treated as a colleague and the focus is on learning. Not to mention, the area is incredible. In a fortuitous twist of events, Portland was actually the only place that I ended up spending an extra night at during my interview adventures and I loved every second. The city is great, the other residents are fun, and the teaching is excellent. What more could you ask for?

Hobbies: Cycling (road & mountain); woodworking; hiking; reading; beer; etc.;

Favorite Saying: “Uff da!” - It’s a Minnesotan thing

Spirit Animal: Timber wolf
Andreas Thyssen, M.D.

**Hometown:** St. Louis, MO (born: Holbaek, Denmark)

**Medical School:** University of Colorado

**Medical Interests and Career Direction:** I have very broad medical interests and am enjoying exploring the nooks and crannies of our expansive training. I suspect that I will wind up in academics with a bit of an international/adventurous flare thrown in. I am also interested in medical ethics and the role of the physician in society.

**Hobbies:** Backcountry snowboarding, cycling, chess, sea-kayaking, climbing, beard-growing...the finer things in life.

**Why MMC:** It’s a small academic program tucked away in a corner of the country where it is very easy to enjoy life, the outdoors, and maintain perspective. It’s an amazing, supportive learning environment and I am inspired by how our co-residents uphold each other as we battle through together. I feel very lucky to have been accepted into the MMC family.

**Favorite Lobster Hole:** Portland Lobster Co. – live music 3x/week

**Favorite Joshua Cowgill Hairstyle:** French-braided pigtails

**Favorite Scrabble Word:** Za
Christopher Withers, M.D.

**Hometown:** Pittsburgh, PA  
**Medical School:** New York Medical College  
**Medical Interests and Career Direction:** Still making up my mind. One of the best things about Med-Peds is the breadth and flexibility available to you in your future career. You can be the “ultimate generalist” or end up focusing on transitions of care from childhood to adulthood in patients with chronic conditions in a certain specialty - hematology/oncology, GI, cardiology to name a few.

**Why MMC:** Once I had settled on it was clear throughout the interview season that I had found “my people” - intelligent and idealistic people who were really enthusiastic about learning. Nowhere was that more true for me than at Maine Medical. The residents were great, and it was clear that they had camaraderie and an identity as “Med-Peds” residents. For me it was important that the Medicine and Pediatrics programs were well matched with the ability to explore subspecialties within both fields. My wife and I also were really excited about moving to Portland: with its nearby beaches and mountains and amazing food scene, it has plenty to offer nearby to enjoy during the busyness of residency.

**Favorite Nearby Beach:** Higgins Beach: while not the closest beach to my apartment at 20 minutes away, has great surf, endless tidal pools and a shipwreck to explore.  
**Favorite Donut Truck:** Urban Sugar - amazing donuts served fresh out of a truck, which mysteriously appears around town.