

Resident Physicians of the Month for November 2018



**Dr. Vanessa Rogers**  
**Family Medicine**  
**University of Alberta**

I was born and raised in Fernie, BC and I moved to Edmonton when I started University in 2010. I studied neuroscience at the University of Alberta before completing medical school here as well. Over the years, Edmonton became a second home to me and I decided to stay for residency too. My main academic interests include mentorship, women's health and rural medicine. I also value wellness, and I've realized that I learn and work at my best when I make time for my hobbies. I feel like I've been able to have a lot of fun during residency, and taking breaks from the hospital has saved me from a lot of stress. I love spending time outdoors, especially when

I'm riding my horses or skiing. Otherwise, I try to stay busy with things like ball hockey, skating, spin classes, and reading. As I finish my last year of residency, I am grateful for the opportunities I've had and the people who have supported me along the way. I am looking forward to seeing what next year will bring.



**Dr. Kristen Timm**  
**Family Medicine**  
**University of Alberta**

My name is Kristen Timm and I am a PGY-2 in Family Medicine at the University of Alberta. I grew up in the small town of Redwater, Alberta where I had my first exposure to working in a community hospital when I worked as a student intern with long term care patients. I earned my Bachelor of Science degree with High Distinction at Concordia University Edmonton where I majored in Chemistry and minored in Psychology. I completed my MD degree at the University of Alberta. I am currently enjoying my family medicine residency. I love being able to engage with patients, teach them

about their medical conditions, and help them become active participants in their own

management. I also love any opportunity that I have to work with and teach medical students. Outside of medicine, I enjoy playing ball hockey, having games nights with friends, and being an auntie to my two wonderful nieces.

**A colleague had this to say about Dr. Vanessa Rogers and Dr. Kristen Timm:**

*“Kristen and Vanessa are two R1s in the Family Med (FM) program at the U of A. At the start of residency, they both were very passionate about expanding the women's health learning opportunities in the program. The two took initiative to advocate for the ALARM course to be funded for all FM resident physicians by making the course a program requirement. They then organized two offerings of the course for all their R1 colleagues, as well as any interested R2s. They liaised with the residency program, the department's finance office and the SOGC to coordinate the course. The course was extremely well-run and they certainly put in a lot of work to arrange this opportunity for their colleagues. The course will now be organized for all future FM resident physicians, so Kristen and Vanessa have created an impact that will last after they graduate. For their initiative and leadership, I think they are very deserving of this award.”*

**Congratulations Dr. Vanessa Rogers and Dr. Kristen Timm!**