

dear residents

The Places We Belong

August 31, 2025

Dear Residents,

I'm taking a quick trip to Karachi to see my family. I will be back next weekend. I have now lived most of my life in the United States, but I am still drawn to my roots and especially enjoy visiting my sisters and aunts and look forward to the local flavors. The Monsoon should be (mostly) over and I hope that the roads are now clear and that the power stays on. Like me, many of you have roots and/or family on different continents. While travel has become somewhat unpredictable lately, it is always worth reconnecting with loved ones.

September is here and for most, this should be the month where you begin to get into your stride. It was this month (with the help of my marvelous resident, Ellen Peckham) that I began to exercise some independence and began to own my decisions. I could be relied upon to get it right most of the time. Notes were written quicker and cross cover seemed less daunting. I even got home a bit earlier. The weather had turned nicer and even though there were no days off, on weekends, if we were not on call, we could leave the hospitals around 2 PM or so. I went from feeling overwhelmed to gaining some sense of personal control. My hope is that many of you are finding that same turning point right now. I encourage you to pause and notice how far you've come already since July. Sometimes the progress sneaks up on you until you look back and realize you're moving with more confidence.

September is also when ERAS opens, and we begin recruiting again! It comes around so quickly. We will start interviewing in October and will lean on you to help us connect with our applicants. You are our best recruiters. More than anything, applicants are looking for honesty. They want to know what feels true day-to-day, not just what's polished for recruitment. You might find that students from your medical school are starting to contact you. Please do respond, and feel free to loop me in if there are questions I can help address.

Home is both a place and a philosophy - the idea of where we belong. Writers like Orhan Pamuk and others have written beautifully about this. For me, residency became that kind of home. I had recently arrived in the United States, still learning my way, and what I remember most are the warm friends who understood my situation. They took care to make me feel welcome, embraced me as one of their own, and helped me believe that I belonged. Those moments of kindness and camaraderie shaped my experience as much as the training itself. Even now, long after residency, I carry that sense of home with me. My hope is that you, too, find in each other that same sense of belonging and that you recognize the quiet ways you are already creating 'home' for those around you.

Wishing you all a steady September, and a Labor Day that brings both rest and renewal.

Warm regards,

Dino Kazi