Meet our Team

Education & Wellbeing Representative

Dayna Yorks

Dayna Yorks is a PGY4 resident at the Shirley Ryan AbilityLab, the Chair of the Well-being Subcommittee, and Resident Representative of the Education Committee of the AAP. As Chair of the Well-being Subcommittee, I oversee all projects and support our rockstar subcommittee members in their goals for the team. How do I stay well? I've been a group fitness instructor for over 10 years. Teaching fitness keeps me grounded, whole, and sane. It also fills me up to be able to inspire wellness and community in this role. I've loved teaching fitness classes for my co-residents as well as the Physiatry community through the Well-being Subcommittee. My passion for keeping people moving is in part why I applied for Sports Medicine Fellowship. Lastly (and most importantly!), I'm a new mom to the most amazing little boy in the world!
Subcommittee Members

Armando Alvarez

Armando Alvarez MD MPH is a PGY3 at the University of Miami/ Jackson Memorial Hospital PM&R program. He will be pursuing a fellowship in Sports Medicine. He enjoys anything outdoors such as surfing, longboarding, running, and scuba diving. He has specific interest in surfing medicine and concussion amongst athletes.

Jessica Calandra
Jessica Calandra makes sure there is no shortage of AAP well-being related social media posts! She is currently doing her fellowship in Brain Injury Medicine at Hospital of the University of Pennsylvania. She completed her Physical Medicine and Rehabilitation training at Thomas Jefferson University Hospital.

Tracey Isidro is a PGY-4 at Baylor College of Medicine in Houston, Texas. Her hobbies include sports medicine, salsa dancing, and composing piano music. Things she focuses on to improve her own wellness include family time and spending time with her 3 dogs. She likes to listen to wellness podcasts (which she helps produce for the AAP Wellbeing Subcommittee!) and watch motivational videos. She also likes to write in her gratitude journal and sleep whenever she has the time!
Olga Komargodski

Olga Komargodski is a PGY-4 chief resident at the Renaissance School of Medicine at Stony Brook University. She got interested in wellness while balancing residency and toddlers. Outside of medicine, Olga is a published author in the young adult and fantasy genre in the Russian language. She enjoys nature, hiking regularly with her husband and two children.
Melissa Osborn completed residency in Physical Medicine & Rehabilitation at Northwestern McGaw Medical Center/Shirley Ryan AbilityLab and is currently a Pain Medicine Fellow at the University of Washington. Her professional interests include Interventional and Multidisciplinary Pain Medicine, Women's Health Rehabilitation, and Integrative Medicine. She enjoys swimming, hiking, and spending time in nature.
Rosa Pasculli is a PGY-4 chief resident at NYU Rusk and co-chair of the NYU Physician Wellness Committee. Her main wellness interests are fitness and nutrition; she is a certified personal trainer and fitness nutrition specialist through the National Academy of Sports Medicine, and taught group fitness classes prior to starting residency. Her favorite activities include Bikram and vinyasa yoga, HIIT workouts, cooking classic Italian meals while watching Top Chef marathons, and traveling to new countries (which she can't wait to resume after COVID!). Her interests in PM&R include sports medicine, performing arts medicine, and acupuncture.
Allison Schroeder

Allison Schroeder is the current Sports Medicine Fellow at the Mayo Clinic Square in Minneapolis, MN. She completed her residency at the University of Pittsburgh Medical Center (UPMC) where she served as Chief Resident. She is a former member of the AAP Resident/Fellow Council and helped to launch the RFC Well-Being Subcommittee, serving as Chair of the Subcommittee in its inaugural year. For wellness and stress relief, she enjoys running with her husband and spending time outdoors and with family.
Jeff Smith

Jeff Smith is a PGY-3 at University of Pittsburgh Medical Center who as a lifelong Floridian made the journey north to escape heat and humidity and learn to love winter. When not at work, he enjoys playing hockey and kickball, hiking the many trails of Western Pennsylvania, and snowboarding whenever possible. To maintain his wellness he likes to organize social events with his coresidents, meditate, and sleep. He is engaged to his wonderful fiancee Gloria who he is still trying to teach to love winter.
Eric Villanueva

Eric Villanueva is an intern at the University of Chicago (NorthShore) whose vocation is the improvement of quality of life for patients through the profession of Physical Medicine & Rehabilitation. Born in Phoenix, AZ, he moved to Omaha to complete a Bachelor of Science in Biology and Journalism at Creighton University, where he matriculated into medical school. His research interests are wide within and outside the field of PM&R, including stroke rehabilitation, physician burnout, and the impact of COVID-19 on medical education and trainee well-being. His activities, leadership involvement, and research all reflect his passion for helping people to live happier and healthier lives. He looks forward to continuing his residency training at the Shirley Ryan AbilityLab next year. In his spare times, he enjoys college basketball and football, photography, biking, reading science fiction, and cooking and enjoying savory meals with his fiancé.