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UPA Front Lines

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University Physicians' Association, Inc.



The American Medical Association (AMA) and the AMA Alliance has designated the last Saturday in August each year as a celebration and national recognition for our dedicated physicians.

UPA applauds our faithful physicians for their tireless dedication without regard for their own needs. It is through their good efforts that we continually receive quality health care.

Thank you to all physicians, not just one day of the year, but for every day!

UPA Welcomes Ashley Shipwash Human Resource Manager

UPA HR is pleased to reintroduce Ashley Shipwash as Human Resource Manager. Ashley has an experienced history of working in the hospital & health care industry with skilled staffing services and is a strong human resource professional with a Bachelor of Arts (BA) in Communication with a Minor in Business Administration from the University of Tennessee. She has a Master of Business Administration (MBA) in Human Resource Management from Lincoln Memorial University and a Group Benefits Associate (GBA) from Wharton School of the University of Pennsylvania.

Ashley is originally from Kingsport, Tennessee. Following her college education Ashley met her husband, Scott, who is from the East Tennessee area. They have two girls, Ella and Evie.

Ashley previously came to UPA in 2014 for Human Resources and loved her time here but left in 2019 after her youngest arrived two months pre-mature and needed additional care. Both girls are doing wonderful so when the opportunity came again for UPA, she eagerly applied and is excited to be working again with everyone.



Ashley Shipwash Human Resource Manager Office: 865.670.6102

Please join us in welcoming Ashley back to UPA!



REMINDER: The UPA Annual Training Deadline is November 30, 2021

Log in to the Paylocity Portal and click on the Learning tab.

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August: National Breastfeeding Month



The beauty and wonder of a newborn are amazing but there are many challenges that surround this new life, one of which involves the mother's choice to breastfeed her baby. With this personal decision, all new mothers need additional support regardless of feeding methods. It's easy to think breastfeeding is a natural decision, but it is a learning development for the mother and her baby which can contribute to an already stressful time. Each baby is unique. One baby may have a perfect experience, yet a second baby may present different challenges.

Fortunately, there are many support programs available for mothers today in a variety of channels. August is National Breastfeeding Month, and it is a wonderful time for everyone to recognize and be supportive to those mothers working personally hard to give their child a healthy boost in new life.

Here are a few tips to show your support:

- Offer encouragement. Be a supportive friend.
- Ask if you can bring the family a healthy meal.
- · Give them respect and acknowledge their efforts.
- Refer her to seek help from a trained counselor if she experiences difficulties or concerns.
- · Above all, advise the mother to seek physician care if she feels ill.

Your small acts of support could be the positive reassurance she needs to hear. Women need that extra support and encouragement during their breastfeeding days.

UPA practitioners categorized in OBGYN and women's health specialists are:

6 Maternal-Fetal Medicine 7 Midwives 31 OBGYN 12 Pediatricians 10 NP, Neonatal 31 NP, Pediatrics 11 NP, Women's Health 3 NP, OBGYN



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