

In Pursuit of Wellness

Hospital Medicine Monthly Newsletter

7/7/2018

Edition 2

Steps Challenge

Get out your fit bits, pedometers, and iphones! Track your steps daily and record on the poster on the board over on the APP side.

Winner this month will receive a 1-hour massage from Hand and Stone Spa

Congrats to Sarah Bradford for winning the June stair challenge and the \$25 gift card to VJC! Kudos to Carolyn Moench and Richard Vestal for coming in a close 2nd and 3rd place.

A 2009¹ study showed individuals achieving $\geq 5,000$ steps had substantially lower prevalence of adverse cardiometabolic health indicators

CDC recommends 150 min/week of at least moderate intensity activity (100 steps per minute) which translates to 15,000 steps per week in moderate-intensity activity (or 3000 steps/day for 30 minutes for 5 days).

Hospital Medicine Dash Event

Wednesday, August 8th @ 7:00 PM



- ❖ Private, covered party deck area
- ❖ Ballpark fare and drink – hot dogs, chicken sandwiches, coleslaw, chips, baked beans, dessert, and non-alcoholic beverages
- ❖ FREE Dash caps
- ❖ In-game recognition – our group name will be on the scoreboard

Family (including kids) and one guest welcome!

Let Bri or Kristin know if you will attend and how many tickets you need via email or in person



What is pure barre?

"utilizing the ballet barre to perform small isometric movements set to fantastic music, pure barre is a total body workout that lifts your seat, tones your thighs, abs, and arms, and burns fat in record-breaking time"

Latin Dance Class



OPPORTUNITIES TO
JUMP START THAT
FITNESS REGIMEN..

Pure Barre "pop-up" class

When: Saturday July 21 @
11 am

Where: Hubbard Learning
Center, Sticht Center

What to wear: socks,
leggings, (or scrubs are
fine!)

Please sign up on form on
APP board!

Latin Dance Class

When: every 2nd Thursday
of each month, 6:30-9:30
pm

Where: Jade Room at
Footnote (634 W 4th street)

What: Salsa, bachata,
and merengue lessons

FRIDAY, JULY 20TH

DROP OFF AFTER 7 PM

PICK UP BY 12 PM

Free babysitting from Ann Donald, Sarah
Bradford, Nico Haller, and Bri Pearson
Casa de Bri
1757 Huntington Woods Court
Winston Salem, NC 27103



Mindfulness and Meditation

Friday afternoons 10 minute mindfulness and meditation session with your gurus, TK and Pankaj



Myths about Mindfulness

It's about stopping thoughts	"It is simply taking the time to become familiar with how your thought process actually works.. so that they might not control you quite so much"
It's only for laid-back people	"Everyone, no matter what their lifestyle is, needs time to recharge, regroup, and reflect "
It's an escape from reality	"Mindfulness takes you right into the heart of reality, where you get to see how your thoughts shape your perceptions of what you experience, how the activities in your mind cause yourself and others pain and suffering, and what motivates you to do what you do"
You lose your edge	"It's about zoning in. You train yourself to pay closer attention than you might normally be used to, and this kind of focus rubs off on the rest of your life. "
It's selfish	"The relaxation and focus that comes with mindfulness practice can help you listen better, pay more attention to the needs of others, and be present with your loved ones with less distraction



Action Health Events



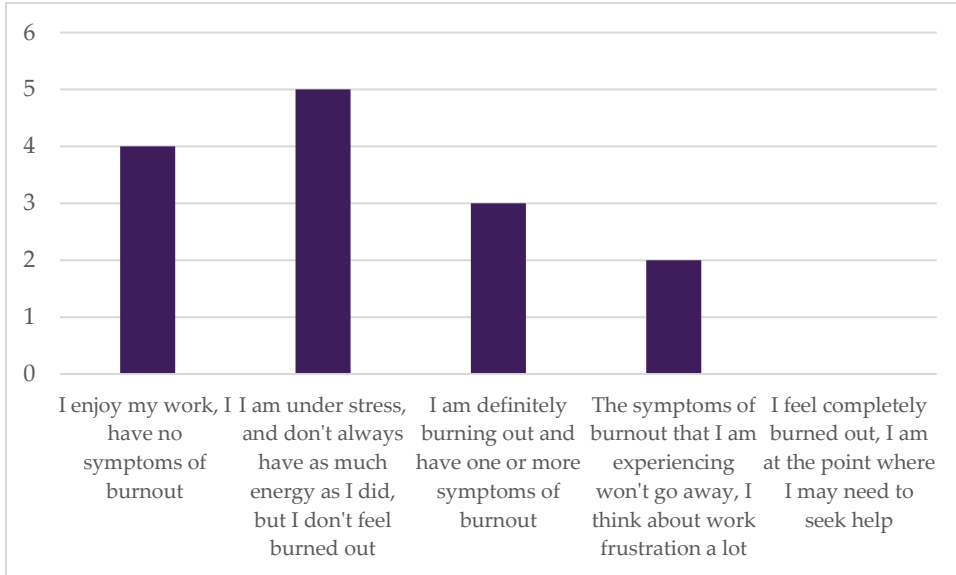
July's theme: brain health

- Farmer's Market
 - New Hawthorne Parking Deck; Thursdays 2-5:30 PM
- Cutting edge Alzheimer's Research
 - CCC 2A/2B; Monday, July 9, 12-1 pm
- Agility Course/Circuit
 - Comp Rehab; Tuesday, July 17th, 9-10 am
- Exercise your Emotions with Expressive Arts
 - Sticht Center; Thursday, July 12, 12-12:45 pm
- **Advance Care Planning**
 - CCC 2A/2B; Wednesday, July 11th, 4-5 pm
- How to Communicate with People Living with Anxiety/Depression
 - CCC 2A/2B; Tuesday, July 17th 12-1 pm
- Aerobics of the Mind
 - CCC 2A/2B; Wednesday July 18th, 12-1 PM
- Nutrition for Stroke and Dementia
 - Sticht center; Thursday, July 19th 12-12:45 PM
- Nutrition for Brain Health
 - Sticht Center; Thursday July 26th, 12-12:45pm
- Healthy Hike
 - Mill Creek Lopp @ Bethabara Park; Sunday, July 15th @ 9 am

Burnout Update

14 participants

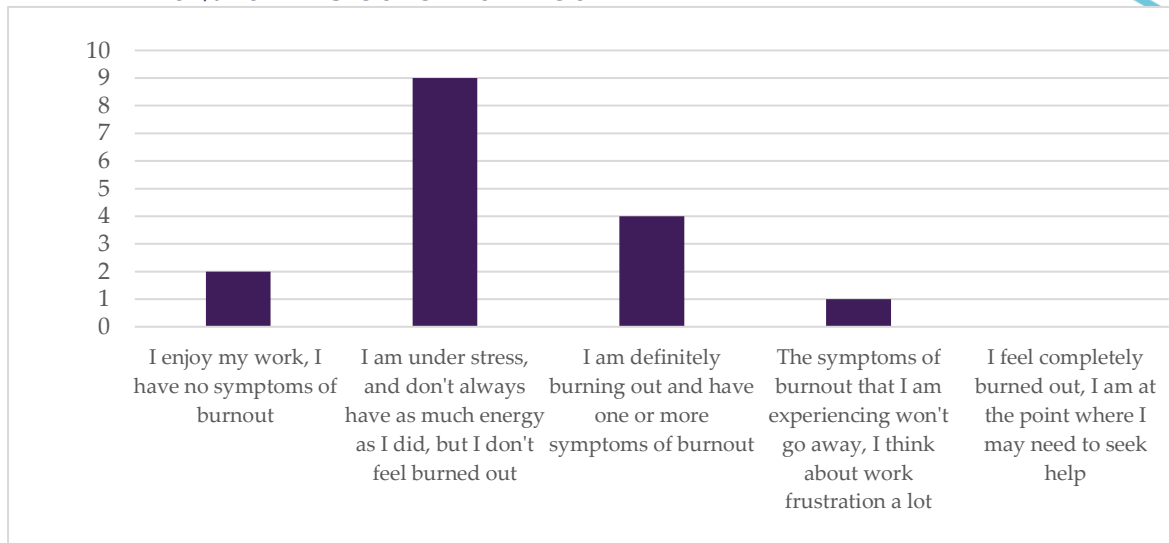
June 2018 MD survey 35 % said they were burning out or burnt out – more analysis to come



May APP survey

16 PARTICIPANTS

31% BURNING OUT OR BURNT OUT



35% of MDs in Hospital Medicine burning out or burnt out

Section on Hospital
Medicine

July 2018

Brianna Pearson, PA-C

Ann Donald, NP

Kristin Nanney, PA-C