

In Pursuit of Wellness

Hospital Medicine Monthly Newsletter

February 2019

Edition 8

Steps Challenge
Team Edition
Continues...

Team BG is currently in first
place!



When: January 7th thru February 25th

Who: Same teams! You will stay with your team for a whole year of challenges – so start to get to know each other... T shirts apparently are key to success...

What: Your appointed captain should continue to update the new google excel sheet (link in email)

Where: Steps count at work and outside of work

How: Your android/iphones have built in apps that count your steps or use your smart watch/fit bit. 1 mile also = ~ 2000 steps

Winning team will receive custom Hospital Medicine
Water Bottles (picture above)

Parents Night Out



February Events

Parent's Night Out – Valentine's Day

Back by popular demand!

We wanted to give everyone the opportunity to enjoy some alone time with your sweetheart on Valentine's day – let us watch the kiddos for a few hours!

Thursday, February 14th, 2019

Drop Off: 7:00 pm

Pick up: 11:30 pm

1757 Huntington Woods Ct

Winston Salem, NC 27013

Please let Bri know how many kids you will be bringing, and if any food restrictions, allergies, etc.

Hospital Medicine

Night at Cycle Bar

Come burn off all those Valentine sweets off with us! All are welcome!

Thursday, February 21st, 2019

7:00 PM

Cycle Bar Winston Salem

Towel, water bottle, and shoes provided!





March is Volunteer month!

The initiative in March will be to have the most volunteer hours – we will give you several opportunities to get them!

Joy Prom Host or Hostess

“Joy Prom is a full-scale, annual prom for the special needs individuals in our community”

- Friday, March 1st, 2019
 - 6:00-10:30 pm
 - Calvary Day School
 - 5000 Country Club Rd
 - Link to register in email

Provide Dinner @ SECU House

Prepare a meal for patient's caregivers who are staying at the SECU house while their loved one is in the hospital

- Need 5-10 volunteers per night
- Thursday, March 14, 2019 or Thursday, March 21st, 2019
 - 5:30 pm – 7:00 pm
 - SECU family house
 - 1970 Baldwin Lane

Sort Food @ Second Harvest

“Volunteers will help sort donations from food drives and/or salvage, sort frozen meats, and candle eggs”

- Up to 20 volunteers
- Friday, March 8th, 2019
 - 2:00 pm – 4:00 pm
 - 3610 Reed St

Sign-up sheets will be on the wellness board or you can email me at bpearson@wakehealth.edu



HIGHLIGHTS FROM
JANUARY



1st Annual Hospital
Medicine Chili Cookoff

We had five outstanding entries into the chili cook off this year that were all delicious and so unique! Thank you to Pankaj for hosting and Yoania for presenting the trophy!

Congrats to Raj who won with his venison and sausage chili!

Lexington will get to keep the trophy until next year...





Best Health For Us



Sign up for best health for us and have access to monthly classes and programs and all these resources:

Just visit <https://besthealthforus.personalhealthportal.net>

CLASSES

A Healthier
You

Advance Care
Planning

Breastfeeding
Class

DASH Diet
Dietary Approaches to
Stop Hypertension

Lunch
& Learns

Mindful
Eating

Prevent T2

Resilience
Training
Class

Stop Stress

Watch Your
Weight @ Work

VIRTUAL CLASSES

Resilience
Training
Online

Prevent T2
Online

WELLNESS SERVICES

Life
Coaching

Nutrition
Counseling

Section on Hospital
Medicine

January 2019

Brianna Pearson, PA-C

Pankaj Kumar, MD

Kristin Nanney, PA-C

Ann Donald, NP

Seguin Beuerlein, PA-C

