

In Pursuit of Wellness



Hospital Medicine Monthly Newsletter

January 2019

Edition 7

Stairs Challenge



*And the
Winners are...*



WINSTON
DAREDEVILS

Congrats to...

Tareq Islam
James Warren
Ana Everwine
Brent Frederick
Faisal Akbar
Deval Shah
Pankaj Kumar
Ann Donald
Salah Sabbagh
Renee Hauser

Steps Challenge

Team Edition



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/iphone 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



1st Inaugural Hospital Medicine Super(chili)Bowl

HOSTED BY PANKAJ KUMAR AND THE WELLNESS TEAM

WHEN: JANUARY 16TH, 2019 @ 7 PM

WHERE: 4125 PRESTWICK CROSSING
WINSTON SALEM, NC 27106

TEAM UP WITH 2-3 OF YOUR COWORKERS AND
BRING YOUR BEST VERSION OF CHILI TO WIN THE
MOST PRIZED TROPHY IN HOSPITAL MEDICINE
(AND A GIFT CARD TO SOCIAL CLUB)



HIGHLIGHTS FROM NOVEMBER



Faculty Resident Social

Thank you to Nasir Majeed for organizing this bonding time with the internal medicine residents at Social Club!

Looking forward to more faculty-resident events in the future!



HIGHLIGHTS FROM DECEMBER



Hospital Medicine End of Year Party

This year's celebration was held at Footnote and I think it's safe to say everyone had a blast!

Thank you to our eloquent and hysterical MC Will Lippert for leading us through the superlatives

Appreciate the performances by our talented co-workers and everyone showing off their dance moves





Action Health Events



January

- **Farmer's Market**
 - New Hawthorne Parking Deck; Thursdays 2-5:30 PM
- **Planning a Food Budget**
 - Sticht Center; Thursday, January 17th, 12-12:45 pm
 - LMC, Classroom 1 Tuesday, January 8th, 12-1 pm
 - DMC, Plaza 1 4th Floor classroom, Friday, January 25th, 12-12:45 pm
 - WMC, Plaza 1 4th Floor classroom, Monday, January 28th, 12-12:30 pm
- **Budgeting Made Easy**
 - Wilkes (executive board room ground floor); Wednesday, January 23rd, 12-12:45 pm
 - Davie Medical Center (plaza 1 classroom), Wednesday, January 16th, 12-12:45 pm
 - Sticht center; Thursday, January 10th, 12-12:45 pm
 - High Point (Millis Conference Rooms 1-4); Wednesday, January 16th, 12-12:45 pm
- **Advance Care Planning**
 - Register with Karen Lordeman-Rowdy at klowdy@wakehealth.edu

Section on Hospital
Medicine

January 2019

Brianna Pearson, PA-C

Pankaj Kumar, MD

Kristin Nanney, PA-C

