

In Pursuit of Wellness

Hospital Medicine Monthly Newsletter

March 2019

Edition 9

Step Challenge Winners:

Team "BG"

(2,272,919 steps)

Captain Carolyn Moench

Sarah Nowak

*Ha Green (with almost 1 million steps
alone!)

Chi Huang

Josh Johnson

Guerlande Louis

Masiku Mdala-Gausi

Sumera Andleeb

Firas Rabbat

Bri Pearson

Honorable Mentions:

Second place:

Team "True Winners"
(2,089,784 steps)

Third place:

Team "Stair Masters"
(1,128,357 steps)



March and April are Volunteer months!

The team with the most volunteer hours at the end of March and April will win their very own Hospital Medicine Tumblers!

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 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 10 volunteers
- Saturday, April 6, 2019
 - 9:00 am -12: 00 am
 - 3610 Reed St

St. Leo –Run Leo 5K, 10K, and Fun Run

- Saturday, March 16, 2019
 - 7:30 am – 10:30 am
 - 333 Springdale Ave

Habitat Hammerbird 5K and One Mile Fun Run

- Saturday, March 23rd, 2019
 - 8:30 am – 11:00 am
 - Kimberley Park Elementary
 - 1701 N Cherry Street

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



HIGHLIGHTS FROM FEBRUARY

Valentine's Day Parent's Night Out

We forgot it was a school night but we had fun anyways taking care of Chrissy!

Hospital Medicine Night At Cycle Bar Round 2





Best Health For Us



Facebook Challenge: Healthy Eating

Join our 14-day challenge to reset your eating habits and get back to the basics. Weekly meal plans designed by a registered dietitian focused on plant-based recipes plus daily tips. Each recipe is 30 minutes or less and has six or fewer ingredients. Also, our partnership with Lowes Foods To Go will have the ingredients preloaded into your grocery list.

Register by Friday, March 15
Starts Monday, March 25

Stop Stress

This six-week program challenges you to escape the vicious cycle of stress and create an action plan for relieving stress in your life. You will receive a copy of *Stop Stress This Minute*.

WFBH Employee Cost: \$10
(Employees on Wake Health Savings Plan, please call for pricing)

**Piedmont Plaza 2, BestHealth
Conference Room Suite 406**
Starts Monday, March 25
Noon to 12:45 pm

Prevent T2 (Diabetes) ONLINE

Virtual Prevent T2 (Prevent Diabetes) will teach you how to make lifestyle changes to lower your risk for diabetes.

During the first six months, you will receive weekly emails with a video and related handouts. Then for the next six months, you will receive monthly emails. **FREE** for WFBH employees.

(Employees on Wake Health Savings Plan, please call for pricing)

Online - Starts Monday, March 18

Watch Your Weight @ Work

This 20-week weight loss support group program will teach you the foundation of basic nutrition and how to make food choices to reach and maintain your weight-loss goals. You are joining at the 10-week mark of this class. Weigh-ins start 15 minutes before the start of class. WFBH Employee Cost: \$40 (10 weeks)
(Employees on Wake Health Savings Plan, please call for pricing)

**Wake Forest Baptist Medical Center,
Sticht Center Hubbard Learning Center**
Starts Friday, March 29
12:15 to 12:45 pm

**Wake Forest Baptist Medical Center,
Biotech, CR 158**
Starts Thursday, April 4
12:15 to 12:45 pm

**Piedmont Plaza 2, BestHealth For Us
Conference Room**
Starts Thursday, April 4
5:45 to 6:15 pm

**High Point Medical Center, Main
Conference Room A2**
Starts Thursday, April 4
Noon to 12:45 pm
WFBH Employee Cost: \$60 (20 weeks)
(Employees on Wake Health Savings Plan, please call for pricing)

Advance Care Planning

Linda Childers and Karen Lordeman-Rowdy, RN, from Care Coordination, will discuss the importance of advance care planning—making decisions about the care you would want to receive if you become unable to speak for yourself. A notary and volunteers will be available to help you complete advance directives. **FREE** for WFBH employees.

**Wake Forest Baptist Medical Center,
West Building Conference Room 3**
Wednesday, March 13,
4 to 5 pm

Lexington Medical Center, Classroom 1
Wednesday, March 27
Noon to 1 pm

Resting Metabolic Rate Screening

The Resting Metabolic Rate (RMR) screening determines the number of calories your body is using at rest. This measurement is made by analyzing the amount of oxygen your body uses and the amount of carbon dioxide your body produces. During the test, you will be asked to relax in a chair while your oxygen uptake, carbon dioxide output and electrocardiogram (EKG) are measured. Before the screening please only drink water for the five hours prior. Also, exercise or physical labor should be avoided. This is only available to those with a BMI above 30. Please allow 30 minutes for your screening. **FREE** for WFBH employees.

(Employees on Wake Health Savings Plan, please call for pricing)

**Wake Forest Baptist Medical
Center, 8 Janeway, BestHealth For
Us office**
Friday, March 8
8 to 10:30 am

**Piedmont Plaza 2, BestHealth
Conference Room Suite 406**
Wednesday, March 13
8 to 10:30 am

**Wake Forest Baptist Medical
Center, 8 Janeway, BestHealth For
Us office**
Friday, March 22
8 to 10:30 am

**Davie Medical Center, Plaza 1, 4th
Floor Classroom**
Thursday, March 21
8 to 10:30 am

**High Point Medical Center, Women's
Center Classrooms 1 & 2**
Tuesday, March 26
8 to 10:30 am

**Wilkes Medical Center, Executive
Board Room**
Tuesday, March 12
8 to 10 am

**Lexington Medical Center,
Classroom 1**
Tuesday, March 5
8 to 10:30 am

Section on Hospital
Medicine

March 2019

Brianna Pearson, PA-C

Pankaj Kumar, MD

Kristin Nanney, PA-C

Ann Donald, NP

Seguin Beuerlein, PA-C

