JULY RECAP

We made it through another July, a month full of firsts as we watched our new interns perform their first intubations or discharges or prescriptions for lisinopril and newly minted seniors learn their new roles as well. We’re starting to feel the weather cool off as we move into fall. Coming up is Labor Day, a day to celebrate the impact of workers both socially and economically on our country as a whole. And on Labor Day, we celebrate all of our doctors and support staff who help make the hospital run so we can take care of patients! If you’re in the hospital, thank you. If you’re not, have a toast to the rest of us who are laboring!

We are looking to expand the bulletin this year to feature more of your work. Are you an artist? A writer? A photographer? We would love to feature a piece of yours - if you are interested in contributing, please email Dr Axon with the piece (a high resolution file please!) and a small description and we will feature it in an upcoming bulletin!

RECIPE TO TRY

BAKED BRIE WITH SHITAKE

*A yummy appetizer to take to your next party - from Sam the Cooking Guy

Video here —→ https://youtu.be/WfOaHS6CxC0

INGREDIENTS

- 1 sheet puff pastry, removed from freezer about 30 minutes before using
- Flour
- One 8 ounce wheel of brie, with top rind removed
- 1 tablespoon grainy mustard
- 1 egg, beaten
- 1 tablespoon milk
- 1 teaspoon olive oil
- 1 teaspoon butter
- 6 Shiitake mushrooms, stems removed & thinly sliced
- 1/2 teaspoon fresh thyme, chopped
- Pinch Kosher salt and pepper to taste
- Pinch garlic powder
- 1 tablespoon sherry

DIRECTIONS

1. Preheat oven to 400°
2. Put non-stick pan on high/medium heat, add oil, butter and mushrooms - cook about 5 minutes until nicely softened, add thyme, salt, pepper and garlic powder - stir well to combine then remove from heat and set aside
3. Unfold the pastry sheet on a lightly floured surface, roll out pastry to make it a little thinner
4. Place cooked mushrooms in the center of the pastry - spread out to approximately the same diameter as the cheese
5. Spoon mustard on top of brie, then place mustard-side down onto the mushrooms
6. Fold the pastry up over the cheese to cover and turn over - trim the excess - and place onto a parchment lined baking sheet and press down to seal. Reserve the pastry scraps for decoration (if you want)
7. Beat the egg and milk to combine in a small bowl with a fork or whisk. Place seam-side down onto a lined (parchment paper) baking sheet. Decorate with the pastry scraps, if desired - brush with the egg wash
8. Bake for 25 minutes or until the pastry is golden brown - serve with thinly sliced baguettes or crackers.

UPCOMING EVENTS

- 8/22 - Massages 2-4 in 3N
- 8/22 - Thirsty Thursday at Half Liter
- 9/25 - Book Club
- 10/6 - Family Picnic @ West Park

Interested in contributing? Email us at stvimwellness@gmail.com!
Follow us! IG: @stvimresidency Twitter: @STVIM #stvimwellness

Scan with your phone’s camera app to answer the question of the month!
A PODCAST TO CHECK OUT

CORE IM  A review by Dr Savannah Wagner

Core IM is a thoughtfully produced, clinically relevant and easy to digest Internal Medicine podcast targeted toward physicians of all levels and meant to inspire critical thinking and curiosity. The Podcast is segmented into three, with each segment taking a different approach to teaching the content:

• 5 Pearls: hosts incorporate quizzing and spaced repetition to give 5 evidence-based, clinically relevant pearls the listener can take away and apply to their practice right away.
• Mind the Gap: hosts dive into why we do what we do in medicine, tackle knowledge gaps and challenge dogma. They humorously examine common practices (i.e. potassium above 4 and magnesium above 2) and dissect the evidence (or lack thereof) behind why that is a common practice.
• Hoofbeats: a case-based segment where hosts present a case to an experienced attending (who has not heard the case ahead of time) and attempt to “solve” the diagnostic puzzle in real time. This segment is seeping with bits of wisdom, clinical pearls, reasoning techniques, rules of thumb, diagnostic schema, and cognitive tools meant to broaden and develop clinical reasoning skills while simultaneously teaching medicine.

All in all, Core IM podcast is worth your time! It’s free. And they’re accompanying website is equally as helpful. Add this podcast to your library and you’ll sound like a Rockstar on rounds.

QUESTION OF THE MONTH

WHAT IS YOUR FAVORITE BEVERAGE ON A SCORCHING SUMMER DAY?

sugar free lemonade  beer  ice cold beer, preferably busch light.  sweet n sour sauce

INDY GOT TO TRY - FAT DANS

Specifically, visit the location in SoBro on 54th and College! This unassuming restaurant is a “Chicago-Style Deli” that boasts oversized appetizers (seriously, beware of the large fry) and genuine Chicago style dogs. The highlight of this restaurant is the “Smoker” section of their menu - items smoked right there out back in their giant smoker. It’s worth a drive to try the smoked wings - a Southern BBQ aficionado recently came to Indy and had this to say, “I have a problem. I’m from the South and am particular about my wings. And you’ve ruined my favorite wings for me…now I have to fly over 600 miles to get my favorite wings.”

And vegetarians - this place is definitely for meat eaters but they have an ooey gooey grilled cheese with Brie that is definitely worth trying if you’re accompanying your favorite meat-eating friend. This small hole-in-the-wall restaurant often opens their doors to let in natural light and air, making it a fun place to hang out with friends. They usually have a great selection of both local and national craft beers to enjoy with your smoked meats.