



Wellness Bulletin

AUGUST 2018
VOL. 2, ISSUE 2

EDITORS: KATHERINE AXON (IM PGY-3), EMMA HEGWOOD (IM PGY-2), TAMMIE HORKAY
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Wellness - Photo Contest....



It's August and that means it's time for our annual photography contest sponsored by the Physician Wellbeing Committee. Every IM, TY, PM, IM/FM resident or attending physician and administrative staff for the IM departments is encouraged to submit up to 2 self-taken photos for voting by an independent panel by August 13th.

Winners (1, 2, 3 place) will have canvas prints displayed in 3 North and/or the IM PCC clinic for one year, then get to keep their canvas art after the year-long display. Here is last year's winning submission from Dr. JP Adlam (IM PGY2)

Resident/Faculty Picnic....

Everyone....buns up! The Physician Wellbeing Committee is pleased to invite all IM/TY/PM/IM-FM residents, faculty, hospitalists, and support staff and family to a picnic at **Carmel's West Park on September 1 from 4-7pm**. We will provide burgers, veggie burgers, hot dogs, condiments, drinks, and paper products but would love for you to bring a side or dessert of your choice to share. We will have balls/games and this park has a fantastic playground including a splash pad! Be on the lookout for a sign-up sheet closer to the date! Can't wait to see you all there!! **Address: West Park, 2700 W 116th St, Carmel, IN 46044**



Question of the Month....



Where did you go on your favorite vacation ever?

Open your camera to copy the QR code and send in your answer. Top answers will be revealed in next month's Bulletin!

Upcoming Events:

- August: Photo Contest
- August 12: Couch to 5k Training Begins
- August 30(?): Happy Hour/TBD
- September 1: Resident/Faculty Picnic
- September 15: St. Vincent Flyaway 5k
- September 17-21: Wellness Week
- Sept 20: Book Club—Dreamland

Featured Recipe-Cheesy Zucchini Breadsticks

Ingredients:

- 3 cups shredded zucchini
- 3 eggs
- 1/3 cup flour
- 1 tsp salt
- 2 cups shredded mozzarella cheese
- Italian seasoning

Instructions:

- Preheat oven to 450 degrees
- Sprinkle the shredded zucchini with salt to release some of its moisture. Let sit 10-15 minutes then squeeze zucchini to release most of all the liquid
- Mix zucchini, eggs, and flour in a medium bowl. Spray a baking sheet with cooking spray and spread the zucchini mixture into a large thin rectangle.
- Bake for about 25 minutes or until the edges are nicely brown. Make sure it's nice and golden on the sides and top so the crust isn't mushy.
- Reduce the oven to 350 degrees, sprinkle the crust with cheese and Italian seasoning and continue baking until the cheese is just melted
- Let cool a few minutes, then cut into sticks. Serve with marinara, ranch or garlic butter or any sauce your heart desires.



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AUGUST BIRTHDAYS

- LEAH GEHRING: 8/6
- ANTHONY MARTIN: 8/8
- PATRICK HECKMAN: 8/12
- KAT AXON: 8/17
- LAURA HAMPTON: 8/18
- JOEL SAMPSON: 8/19
- JOHNATHAN BRENIA: 8/26
- KYLE ZOLL: 8/29

Interested in contributing?
Email us at stvimwellness@gmail.com



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Indy GTT (“Got to Try”)....

The Loft Restaurant at Trader point Creamery

<http://traderspointcreamery.com/the-loft-restaurant/>

This rustic, charming restaurant boasts fresh food “from farm to table” with strong emphasis on organic produce. Whether you are looking to relax after a stressful work week or to take family out for a nice comforting dinner, this is the place for you. If you have kids, they can go to the farm right behind the restaurant to see animals. Their cheese collection is awesome so don’t forget to order a cheese board. Do save up some space after dinner though because you do not want to miss their ice cream!



All Star Shout Outs....

Shout out to two Resident All-Stars: Interns Dr Joel Sampson & Dr Elliot Trosky for their hard work on ICU nights in July! It's hard to impress ICU nurses and this post from ICU RN Mary ended with multiple comments from ICU nurses agreeing with her sentiment.



Resident Spotlight....

Dr. Christopher Benell - Internal Medicine PGY-3

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What is your hometown? Indianapolis, IN
Future career goal? A Hospitalist. Hopefully, I can find somewhere with an open ICU or in a PCU
Favorite band/musical artist? My Pandora station I listen to is Michael Jackson/Justin Timberlake
How you like to spend your weekends off? Do I ever have a full weekend off? I try to spend as much time at home with my son Luke
Best advice (medical or otherwise) anyone has ever given you? Listen to nurses. They are with the patient and their family all day, every day.
What would your career have been if you hadn't gone into medicine? Prior to Medical School/Residency, I worked from 2001-2012 as an EMT/Paramedic. So if I didn't make the decision to go back to school I would likely have retired as an old, gray-haired Paramedic
What would you do if you won the lottery? Buy an island. But I would still work on a very temporary basis and play golf most days
Favorite drink (alcoholic or not)? Jameson and Coke
Best way to unwind after a long day or week at work? Sitting on my deck drinking said alcoholic beverage

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