



ST. VINCENT INTERNAL MEDICINE RESIDENCY Wellness Bulletin

JUNE 2018
ISSUE 7

EDITORS: KATHERINE AXON (IM PGY-2), EMMA HEGWOOD (IM PGY-1), TAMMIE HORKAY
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Wellness - Did you Know?

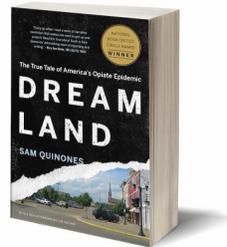
5 Amazing Things That Happen to Your Body When You Start Lifting Weights from www.health.com/fitness

- Your metabolism gets a boost
- You protect your bones
- Your sleep may improve
- You stay sharp
- You zap stress



Book Club—Dreamland written by Sam Quinones

As another academic year comes to a close, it's easy to get nostalgic. We've had an excellent year and seen our wellness initiatives grow by leaps and bounds, full of great events like group bowling and department massages. Congratulations to our graduating Residents who have played a large role in shaping our department and helping to promote continued innovation and progress. We look forward to seeing how the next academic year unfolds, full of even more new opportunities to help you achieve or maintain workplace and personal wellness. We are excited to start our own Book Club, open to all Residents, Faculty, Students and Staff who are interested in participating. Our first meeting will be on September 20th, with location and time TBD but likely around 5pm after the workday. Please grab a copy of our award-winning 2015 book, "Dreamland: The True Tale of America's Opiate Epidemic" by Sam Quinones and work on reading it this summer so you can join us in September!



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Upcoming Events:

- June 19 - IM Intern Welcome Indians Baseball Game
- July 31: Happy Hour
- September 1: Resident/Faculty Picnic
- Sept 20: Book Club—Dreamland

Featured Recipe courtesy of Pinterest

Creamy Avocado Egg Salad

Prep Time	10 minutes
Cook Time	10 minutes
Total Time	20 minutes
Servings	2
Author	Layla



★★★★★
5 from 1 vote

Ingredients

- 1 medium avocado pitted and peeled
- 3 hard-boiled eggs peeled and chopped
- 2 tablespoons Greek yogurt sour-cream or light mayonnaise will also work
- 1 teaspoon fresh lemon or lime juice
- 1 tablespoon minced cilantro parsley, dill or chives will also work
- Salt and fresh pepper to taste

Instructions

1. In Medium bowl, Add avocados and mash with a spoon until chunky. Add the remaining ingredients and mix with a spoon until creamy.
2. Serve on whole-grain toast or enjoy with toasted pita chips.

JUNE BIRTHDAYS

JONATHAN AESCHLIMAN: 6/8
ERIC NYBERG: 6/12
EMMA HEGWOOD: 6/13
DICK BATKA: 6/20
ZUBIN YAVAR 6/21
MARYAM MASSOUMI: 6/23
MARIE LEWIS: 6/25
JUNE GENG: 6/26
JP ADLAM: 6/27
CAMERON WHITLER: 6/28
NICK JENKINS: 6/28

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



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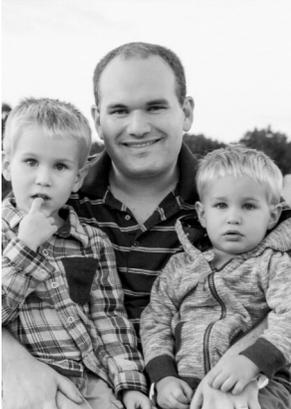
Indy GTT (“Got to Try”)

A lot of us remember our mom because Mother’s Day is a big deal, but in June, we ALSO celebrate Father’s Day (reminder: It’s on June 17th!). So, this month our GTT is all about doing something for dad. Is your dad a Chicago fan or from the Chicagoland area? One great place to go get some good grub AND spend time with dad is Fat Dan’s Deli – The Home of the Chicago Beef (<http://www.fatdandeli.com/>). It’s located not too far away in our very own Broad Ripple. You can get a classic Chicago-style dog (complete with neon green relish) and a variety of other great bites including some great other dogs and excellent hamburgers. It’s a pretty big joint with outside seating too if you want to enjoy the weather. Parking is pretty easy just along College Ave with minimal walking needed. You can spend some time watching a game on the multiple TVs and grabbing some local brews too. Take some time to treat dad to a fun lunch or dinner out and some good conversation. Check it out!!



Resident Spotlight

Dr. Kirk Akaydin —Internal Medicine PGY-2



What is your hometown? Louisville, KY

Future career goal? Hospitalist in a residency/teaching program

Favorite band/musical artist? Weird Al Yankovic

How you like to spend your weekends off? Serial obsessions lasting 3-6months or so. Currently it’s wood-working projects like making Harry Potter-style wands with sticks and a box cutter

Best advice (medical or otherwise) anyone has ever given you? Treat people as if they were what they ought to be and you help them to become what they are capable of being

What would your career have been if you hadn’t gone into medicine? Stay-at-home dad. Or astrodynamics engineer at NASA

What would you do if you won the lottery? Establish an endowment for the St. Vincent IM noon conference lunches

Favorite drink (alcoholic or not)? Bourbon. Neat.

Best way to unwind after a long day or week at work? Sipping bourbon and nibbling dark chocolate while playing classical piano in near-total darkness, but only if no one is around.

Resident Fitness Spotlight

Dr. Brittany Shepherd —Internal Medicine PGY-2



What’s your current fitness routine?

Right now, I workout 3 days a week, but that can fluctuate up to 6 days. I primarily weightlift and focus on different muscle groups each day. I find cardio boring, but enjoy high intensity interval training (HIIT). HIIT routines are the crazy (flip tires, burpees) moves you do for 30 seconds to get your heart rate up then take a break and repeat for the next 15 minutes.

How did you get started on this routine?

About 5 years ago, I had a close knit group of friends who started powerlifting. We met up a few times a week and kept pushing each other to keep going. Eventually it led to competing!

How do you maintain your fitness while on busy rotations or night s?

Follow the 5 minute rule! During busy rotations I hardly feel like working out. During these times, I show up to the gym and give myself permission to leave after 5 minutes if I’m still not feeling it. The vast majority of the time, I end up staying and it feels good. Sometimes you just need to get in the groove.

Do you follow any sort of nutrition plan?

I eat “clean” (fresh food, nothing processed), which means lots of vegetables, fruits, and plant-based sources of protein. It’s not easy! Especially when our lounges are filled with Brown Sugar Pop-Tarts. When more serious about powerlifting I count my protein, fat, and carbohydrate macronutrients.

How would you recommend someone get started?

Just do it. The important part is to keep showing up, even if you don’t feel like it. Don’t be too hard on yourself if you get behind. It happens. My progress with fitness and nutrition is like the stock market—lots of ups and downs but an overall upward trend. Just keep trying.

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