

# WELLBEING BULLETIN

## HIGHLIGHTS & NEWS

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We've had a busy last few weeks! Notably, our quarterly book club met and discussed *In Shock* by Rena Awdish which inspired excellent conversation and was paired with great wine and cheese. We also got spooky in the department and welcomed staff and their families to come Trick or Treat, which had costumes from Ghostbusters to Macaroni & Cheese. As always, this was a great way to see everyone's families and remark at how old we're getting to see everyone's kids growing up!

Also, we're adding a new aspect to our bulletin - announcements! If you have a major life event, send us a photo so we can announce it and celebrate it with you. In the last few weeks, we've had two big happenings!

Congratulations to Dr. Kandice Franklin on her beautiful baby boy! Welcome to the world, Henry Wes Inegbedion Jr, born 7lb3oz!

Congratulations to Dr. Allison Palmer on her wedding to Nick Diehl on October 12th in downtown Indianapolis!



## RECIPE TO TRY

### BEEFY TOMATO SOUP

Submitted by Christie Alicea, MD, adapted from [easyrecipesly.com](http://easyrecipesly.com)

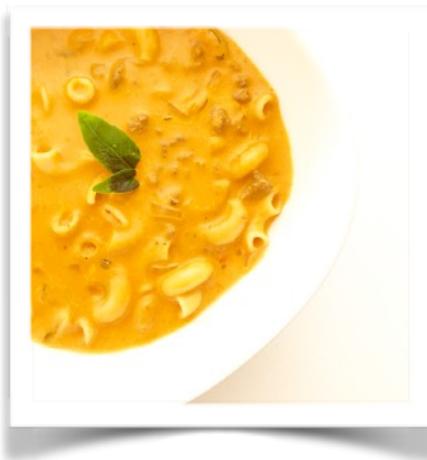
One of the best things about winter is all the crock pot meals and soups that make their way into the dinner rotation. This tomato-based, creamy soup is one of our favorites - it tastes like grown-up hamburger helper, in the best way possible. Simple to create, yet hearty and full of flavor, this recipe is a staple in our home once the temps drop below 50!

#### INGREDIENTS

- ¾ lb. ground beef
- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 teaspoons salt
- ¼ teaspoon ground black pepper
- 1 teaspoon oregano
- 1 (23.5) oz jar of Traditional pasta sauce
- 4 cups of chicken stock
- ½ cup of cream cheese, at room temperature
- 1½ cups elbow macaroni or short-tubed pasta.

#### DIRECTIONS

1. In a large pot, heat the olive oil over medium heat. Add the onion & garlic to the pot, & cook for 3-4 minutes, stirring, until the onion softens.
2. Add the ground beef to the onions, & cook until no longer pink.
3. Add the salt, pepper & oregano to the beef, & stir to combine.
4. Pour in the chicken stock & pasta sauce, scraping the bottom of the pot as you stir. Bring the soup to a simmer, & cook for 10 minutes.
5. Whisk in the cream cheese until it's all mixed.
6. Pour in the pasta, stir and let cook for another 10 minutes with the lid on.
7. Spoon into bowls, and enjoy!



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## STAFF SPOTLIGHT

*Dr Kiran Patel, PHS Physician*



**Tell us about yourself:** I grew up in New Jersey and met my wife in medical school in West Virginia. I moved to Indianapolis, IN to be closer to family. I'm a diehard ravens & college football fan!

**What's the most enjoyable aspect of your job here?** The complexity of the patient cases.

**What do you like to do most when you're not working?** Watch NFL and college football.

**Favorite book:** Better by Atul Gwande

**Favorite TV show:** Fresh Prince of Bel Air

**Favorite restaurant:** Ale Emporium

**Favorite food:** <<—— Pictured here!

**Drink of choice:** Any IPAs



## INDY GOT TO TRY - MACARON BAR

A new staple to Mass Ave within the last year, Macaron Bar is a bakery dedicated to the little French bites of heaven known as macarons. An interesting tidbit, macarons refers to the cookie pictured here, a two piece almond meal based cookie with flavors ranging from pistachio to lemon to lavender to coffee to vanilla. Macarons were invented in 1791 in France and most major cities have at least one bakery touting the best macarons around. If you're ever in NYC or Paris, definitely stop at Ladurée for macarons from the best known bakery! There is another cookie, called a macaroon, commonly mistaken for a macaron, which is the American cookie with coconut flavor. These are not that!

Flavors at Macaron Bar are ever changing but some of their staples, like pistachio, are always available. I recommend a sampler box of six (or twelve if you're brave, I did twelve... see photo). If you're out and about on Mass Ave, I recommend grabbing a box and walking up the street to Coat Check Coffee (see next month's Got to Try!). Macaron Bar even delivers to many addresses through Grub Hub and similar food websites in town. Enjoy!



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