

August Events



1. **August 10 @ 5:45pm:** Movie & Margarita Night @ The Pointe Brodie Creek
2. **August 16 @ 11:00am:** Wellness Lecture (In-person/Zoom)
3. **August 28 (tentative):** Sarah Sylvester's bridal shower



If you see these August babies around, wish them a happy birthday!



Dr. Erica Liebelt
Aug 5



Dr. Renita Pushparajah
Aug 10



Michelle Davis, APN
Aug 22



Dr. Carly Eastin
Aug 25

What's happening in Little Rock?



Saturday Farmer's Market: Located at River Market, and open every Saturday 7am-2pm, last open day will be September 2.

A Work of Art: Art concert series featuring Grammy-winning jazz guitarist Norman Brown and other artists from July 31 - August 5, 2023 @ the Robinson Center - Still Ballroom.

Emo Night Tour: Emo dance party in LR! playing songs by Taking Back Sunday, Fall Out Boy, Panic! AT The Disco, My Chemical Romance and more. Aug 12 @ 8pm at the Hall W. 9th St.

Soulja Boy: Aug 24 @ 8pm at the Hall W. 9th St.

Goat Yoga: Aug 26 @ 10am at St. Joseph Center of Arkansas

100 Years of AR State Parks Exhibit: July 14- Aug 9 @ State Capitol to view the newest exhibit celebrating 100 Years of Arkansas State Parks.



Wellness News

- Committee meetings will be held on the 3rd Thursday (every other month) between 12pm-1pm (before trauma council).
- Next meeting will be **September 21, 2023.**



PEM FACULTY & FELLOW FALL RETREAT! Will be **November 8.** Please mark your calendars!



Congratulations Sarah and Ryan! **Sarah's bridal shower: August 28 (tentative).**



Movie night, **August 10 @ 5:45pm at the Pointe Brodie Creek!**



Warm & Fuzzies:

Dr. Lauren Howard:
For staying an extra hour beyond the end of her shift taking care of a critically ill patient. She had to wake up early for didactics the next morning!

Dr. Megan Scarbrough:
For reserving the theater for us at the Pointe Brodie Creek for Movie & Margarita night!

Dr. Nick Porter:
For intubating a coded baby after ROSC, after the resident attempted twice.

Dr. Ayers and Dr. Chacko:
For hitting the ground running as attendings.

Dr. Zach Steed:
For picking up a lot of patients during a recent experience shift and really helped the zone run.

Dr. Jennifer Perry:
For exceptional care of a sick child, "she really saw my child".



Welcome to our New Wellness Champions!

Please take a moment to thank these awesome folks who volunteered to join our committee and represent their colleagues!

PEDIATRIC ER:

- Kris Dunlap
- Ryan Kalousek
- Alicia Greenwood
- Mandy Jones
- Christine Gilbert
- Kimberly Kidwell

PEDIATRIC ICU:

- Dr. Michael Stroud
- Dr. Rachel Slate
- Dr. Victoria Corley



Our goal is to strengthen our collegial bonds among PEM team members, as well as PEM and PICU team members through social and wellness initiatives!

Anyone is welcome to join the committee!



We Hear Wedding Bells!

To show your support for Ryan and Sarah, please consider a **gift from their registry!** CLICK [HERE!](#)

“Give compassion: every day the average person fights epic battles never told just to survive.” – Ken Poirot

EMPATHY



Empathy & Burnout

A systematic review by Wilkinson et al. (Burn Res. 2017) reinforced the widely held belief that burnt-out healthcare providers exhibit reduced levels of empathy. This finding comes as no surprise to many. **But can the relationship between empathy and burnout be bidirectional?**

Lamothe et al. (Front Psychol. 2016) found that indeed it can be. The results provided compelling evidence that empathy may in fact be a protective factor against burnout among healthcare practitioners.



This supports the adage "heal others, heal yourself". Empathy, then, should be viewed as a tool to foster wellness not just among one another, but also within one's self.

Empathy enables us to navigate the complexities of the human condition, fostering compassion, kindness, and a sense of shared humanity. In practicing empathy, we not only enhance the well-being of others but also nurture our own emotional intelligence, sense of purpose, and personal growth.

I want you to reflect on a moment when your empathy may have lightened someone's burden. Your kindness may have forever changed their life. Does that leave a warmth in your heart? That's the testimony of our true nature: love. Underneath the layers of stress, anxiety, and heaviness, there is only love.

I hope you take that warmth in your heart with you today, and use it to bless everyone around you, and most importantly, to bless *you*.



Loving-Kindness Meditation

Loving-kindness meditation is a practice of cultivating love, compassion, and goodwill towards oneself and others.

Practiced over time, it can foster empathy. For a wonderful, guided loving-kindness meditation, click [here](#).



Physician Spotlight



Dr. Kendall Stanford

Kendall Lane Stanford 5/9/59 (Now you know part of every password I own). Born in Stamford TX. Lived in TX until I was 26.

Played high school and college tennis. Med school at UT Southwestern in Dallas 82-86. Some of you weren't born yet.....YIKES Residency and Chief year at OU Started ED attending shifts as Chief resident in 90.....so 33+years.

Fun fact: Program director @ OU from 90-99 Moved to Arkansas in Oct 99.....so in my 24th year as an Arkansan!

Pet peeves: I hate stupidity for the sake of stupidity.....AFib.....and someone spending more time explaining why they are not doing something than it would take to do it. Autocorrect.

Favorite Things: Fixing things and situations.. I think I'm pretty handy.....I like smearing paint on canvas.....but my greatest joy comes from helping others succeed.

"I'd rather wine than whine but I do both."

"I consider situational awareness my superhero strength."

For any queries or suggestions, please email zalhaddad@uams.edu

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EMPATHY



Helpful Employee Resources:

these links are clickable!

1. Mental Health Resources:

- Employee Assistance Program (EAP):

Available 24/7, EAP offers confidential personal, family, and work-related counseling. Appointments are free, both during and after work hours. Schedule an appointment [here](#).

- Member Assistance Program (MAP):

MAP if offered through United Health Care (UHC) and is available to all benefits-eligible UAMS employees. MAP has unlimited 24/7 phone access to master's degree-level specialists. Also includes legal and financial consults. Call 877.660.3806 (TTY: 711).

2. UAMS Mindfulness Programs:

Offers a variety of training classes and programs in mindfulness & meditation taught by certified instructors. Register for a course [here](#).

3. UAMS Merchant Discounts:

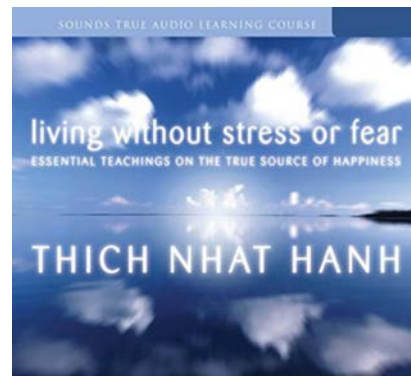
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

4. Other UAMS Wellness Resources:

A plethora of free wellness resources. Take a self assessment to assess your wellness score, or read up on evidence based tools to improve your mental & emotional wellbeing [here](#).



Suggested Audiobook:



Living Without Stress or Fear by Thich Nhat Hanh

In his own soothing voice, Thich Nhat teaches us how to harness the power of meditation, to find the safe haven within us, and to live an anxiety-free life.



Wellness Resources:



How 40 Seconds of Compassion Could Save a Life

What if healthcare providers spent an extra 40 seconds showing compassion for their patients? [Link](#).



Expand: Beyond Meditation

Explore a variety of meditations, engage in journaling and enjoy various lengths of background soothing sounds



Yoga with YogaTX

Yoga for all - yoga on YouTube, over +800 yoga videos on YT for [free](#).

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