

July Events



Welcome new fellows! This July we have multiple events going on:

- July 7 @ 11:00am:** Wellness Committee Meeting (Zoom)
- July 19 @ 11:00am:** Wellness Lecture: Secondary Trauma Response (In-person/Zoom)
- July 19 @ 12:30pm:** Faculty & Fellow Lunch at Santo Coyote (11610 Pleasant Ridge Rd)
- July 24 @ 5pm:** Drinks at The Flying Saucer (323 President Clinton Ave)



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



Lee Crawley  
July 4



Melissa Moore  
July 15



Dr. Patrick Ayers  
July 18

What's happening in Little Rock?



**Monday Pedal Party:** a group of local LR folks get together every Monday & bike for a fun roll to restaurants, parks, and bars in town. IG: @pedalparty\_lr

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

**Let Freedom Roar:** Celebrate 4th of July weekend at the Little Rock Zoo. The 4th of July Parade is on July 1st, starts at 10am from the main zoo plaza to the Lion habitat.

**Pops on the River:** Fun, music, food & fireworks on the river! Held at Julius Breckling Riverfront Park, on July 4th @ 5:00pm.

**Great Arkansas Beer Festival:** Enjoy artisanal beer from local breweries from all over Arkansas. Located at the Statehouse Convention Center, on July 22 between 5-8pm.



Wellness News

Our 1st meeting will be:  
Date: July 7, 2023  
Time: 11:00 AM  
via Zoom

Please consider joining us at the upcoming meeting, where we will address the following agenda items:

- Opening statements:** Dr. Alhaddad
- Defining our mission:** Establishing a clear and concise statement that reflects the purpose of our Wellness Committee.
- Call for members:** Encouraging all interested individuals to join
- Scheduling wellness meetings:** Determining the frequency, timing, and logistics of future committee gatherings.
- Define speaker's list, voting & non-voting members:** Clarifying the roles and responsibilities of participants and members.
- Review survey results:** Analyzing the outcomes of the survey conducted to gauge the wellness needs and preferences of our team.
- Goal Setting:** Collaboratively establishing measurable and realistic goals to guide our actions and initiatives moving forward.
- Conclusion:** Summarizing key takeaways, expressing gratitude for everyone's participation, and discussing any additional matters.

Your presence and engagement will be incredibly valuable!



Warm & Fuzzies:

Dr. Lyndsay Fisher:  
- for going above & beyond to help us remove braces on a patient (who wasn't even hers!) who urgently needed an MRI of the brain.

Dr. Renita Pushparajah:  
- for always being so compassionate & empathetic with everyone!



Welcome to New Members!



Dr. April Clawson



Dr. Hannah Wilkins



Dr. Jennifer Perry



Dr. Renita Pushparajah

"Health is a state of complete harmony of the body, mind, and spirit." - B.K.S. Iyengar

# WELLNESS

## Your Wellness is Our Wellness

I believe that the well-being of each individual within our team is paramount to the overall health of our group. In the wise words of Nelson Mandela, "the suffering of one person can never be isolated; it affects the whole fabric of society." This sentiment holds profound truth as it reminds us that the suffering of one affects us all.

As members of our work family, we each hold a vital role in shaping the dynamics and productivity of our shared environment. Our physical, mental, and emotional wellness not only influences our individual performance but also reverberates throughout our colleagues and the atmosphere we collectively create.

Regrettably, the approach to wellness in healthcare often feels rigid and obligatory, centered around mandatory programs and curricula.

While knowledge about the factors impacting our well-being is undoubtedly important, we recognize that true wellness encompasses a multitude of dimensions. Simply prescribing more sleep to an exhausted physician is insufficient. Instead, our goal as the Wellness Committee is to cultivate resilience through camaraderie, compassion, and a strong sense of community.

I consider it a great honor to be a part of our work family and to serve all of you. As your friend, colleague, confidant, and wellness officer, I am here to offer my support in any way possible. Please do not hesitate to reach out and let me know how I can best assist you on your wellness journey.

Zina



## You're Invited!

Please consider joining the Wellness Committee!

Our vision for this committee is to promote the well-being of our colleagues and foster a healthy and supportive work environment.

By actively participating, you have the opportunity to contribute your unique insights, ideas, and expertise towards shaping our wellness initiatives - and to make your voices heard.

Whether you are a physician, APRN, RN, medic, tech, or administrative officer, we would love to have you be a part of the team. If you are interested in joining, please email us!

## Physician Spotlight



Dr. Donald Foster

Born & raised in Shreveport, LA. Graduated from the medical program at LSU. I was in private pediatric practice in Hope, AR for 21 months after pediatric residency (1982-'85). Then became the 3rd ER attending at ACH in April 1987, and passed the 1st ever PEM board exam in Nov. 1992. I have one wife, two (adult) children and their spouses, and 4 grandchildren: 2 boys (5 y/o; 16 m/o) and 2 girls (4 y/o; 22 m/o), and 2 dogs, 1 feral porch cat named Uncle (pictured below).

**Fun fact:** I graduated high school at 2 p.m. on a Sunday and had an 8 a.m. college class the next morning.

**What puts a smile on my face:** babies, kids, and enthusiastic residents, fellows, attendings, nurses, RTs, unit secretaries, x-ray techs, parents, consultants, etc.



**Hobbies:** mowing grass, gardening, pet care, tennis, car maintenance, watching LSU, other college football, and the evening news, writing Question of the Week.

**Favorite foods:** chicken (any) seafood (most), pork, veggies, fruit, BBQ, Ark-Mex., cajun, real Mex., soul (most), chocolate (any), and the Teachers' Lounge

**Pet peeves:** bad drivers. Politicians.



**What I do for my wellness:** See hobbies. Naps p.r.n., listening to contemporary Christian music on the way to work, charitable work, in-home pet therapy, accentuate the positive, and "don't" sweat the small stuff. It's all small stuff. All things work together for good". If it is possible, as far as it depends on me, live at peace with everyone.

For any queries or suggestions, please email [zalhaddad@uams.edu](mailto:zalhaddad@uams.edu)



"Health is a state of complete harmony of the body, mind, and spirit." - B.K.S. Iyengar

# WELLNESS



## 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:

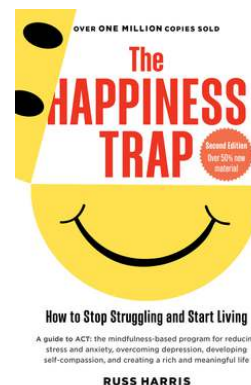
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

### 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 Reading:



### The Happiness Trap by Russ Harris

If you suffer from FOMO (fear of missing out), this book is for you! It teaches you a mindfulness based program to overcome feelings of anxiety and depression.



## Wellness Resources:



### Headspace

Reduce stress, learn mindfulness, or increase focus with this app.



### Calm

Voted the #1 app to help you with sleep and meditation.



### Yoga with Adriene

Adrienne is the OG YouTube yogini, she has +600 yoga videos on YT for [free](#).

For any queries or suggestions, please email [zalhaddad@uams.edu](mailto:zalhaddad@uams.edu)