

January Events



- Feb 15th @ 4:30pm:** Garden Bros Nuclear Circus (kids welcome!). Please purchase your tickets and RSVP!
- Feb 18th @ 4:30pm:** Sunset hike at Pinnacle Mountain. We will do the Flatside of Pinnacle Trailhead at sunset. Meet up at the nearby Kroger. RSVP to Patrick Ayers or me. Google Maps address: Co Rd 53, Perryville, AR 72126



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



Michelle Reid
Feb 1



Dr. Ryan Kwong
Feb 2



Tyler McJunkins
Feb 12



Hanna Feinstein
Feb 25



Wellness News

- February 15th Circus event:** please book your tickets ahead of time! KIDS WELCOME. And please RSVP to the invite or let me or Renita know :)
- February 18th Pinnacle Sunset Hike!** Thank you Patrick for organizing this. Should be a lot of fun. We are meeting at the Kroger near the Flatside of Pinnacle Trailhead. RSVP to Patrick Ayers or me please!



Welcome **Dr. Nicholas Huff** and **Levi Taylor** to the wellness committee!!



Warm & Fuzzies:

From Dr. Patrick Ayers to Dr. Storm:

For staying an extra hour after her shift to take care of an intubated ingestion patient while I was dealing with a code!

From Dr. Don Foster to the fellows:

Thanks to all of the fellows for all of the extra duty in Zone 3. Great for your experience; great for patient care and staffing the place.

From Zina to Dr. Liggin:

Thank you for coming in early for your shift during the snow storm and signing us out early to let us drive home safely!

To Kris Dunlap:

Thank you for throwing a FLOCKAMAZING appreciation party for our PCMs.



What's happening in Little Rock?



SOMARDI GRAS PARADE 2024

SoMardi Gras returns to Little Rock's South Main (SoMa) District. SoMa District, S Main St. February 10, 2024.

CANDLELIGHT: VALENTINE'S DAY SPECIAL FT. "ROMEO AND JULIET"

The Still Ballroom at the Robinson Center, 426 West Markham Street. Feb 10 @ 6:00 PM

FAMILY ART FESTIVAL

Arkansas Museum of Fine Arts, 501 E 9th St. Feb 17, @ 10:00 AM – 1:00 PM

THE ARKANSAS SYMPHONY ORCHESTRA PRESENTS: KERSON LEONG PLAYS BEETHOVEN

Robinson Center, 426 W Markham St. Feb 24-25

DR. JORDAN B PETERSON: WE WHO WRESTLE WITH GOD TOUR

Simmons Bank Arena, 1 Simmons Bank Arena Drive. Feb 27 @ 7:30 PM

"Love is what we are born with. Fear is what we learn." - Marianne Williamson



February is heart health month!

We all start the year strong with a list of resolutions, but how many resolutions made it til February? Last month, we discussed setting SMART goals (small, bite sized and achievable goals) to help move you through your new year's health resolutions.

This month, let's talk about some tips to help you keep going:



1. Start by getting a physical! Time to make an appointment with your PCP, and get your health score checked. Take an honest but gentle look on your weight, blood pressure, HbA1c, cholesterol levels, and other cardiovascular indicators with your PCP, and see what things can be improved.

2. Eat right: Prioritize veggies, whole and unprocessed foods, and lean proteins. Most importantly, and if there is only one thing you could change, quit the sugar. It will make a huge difference on your health markers and your weight.

3. Get physical: Now that the weather is getting better and days are getting longer, there are more opportunities for fun exercise such as hiking, walks outside, biking, etc. Aim for 150 minutes of moderate or 75 minutes of vigorous exercise weekly to maintain cardiovascular health.

4. Stress management: Being in a constant state of fight-or-flight, doing what we do in the ER, can be detrimental to our health. It is important for us to learn to detach and de-stress. Meditation or deep breathing to reduce stress and promote heart well-being.

5. Moderate Alcohol: Limit alcohol intake to one drink per day for women, and up to two drinks per day for men.

6. Adequate Sleep: Aim for 7-9 hours of quality sleep per night for overall heart health. If you're a night-shifter, make sure you maintain a consistent sleep schedule :)



Spotlight
Sarah Marie Lynch



Hi!! Sarah here, married for 13 years, I have two doggies an English bull dog Mr. Owen and penny! I have been nurse for 11 1/2 years. In the ED little over 3 years, travel nursed for 2 1/2!

I fell in love with fitness and all things health in my early 20s about 13 years ago! I was diagnosed with Crohns as a kid, had multiple hospital stays, surgeries and battled with gaining weight, then staying a healthy weight. I found Crossfit about 8 years ago and absolutely loved it! Through tracking what I eat, ensuring I eat a high protein diet and hit my calorie goals consistently I have managed to come off all my crohns meds and be in remission for the last 6 years! I have had the most energy and felt stronger than ever before and have gained unbelievable friendships in the process. 😊

Hobbies: Obviously I LOVE Crossfit! Haha but I also enjoy hiking, backpacking and going for runs on a pretty trail. Watching sunsets, reading a good book and spending time with family and friends.



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

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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:

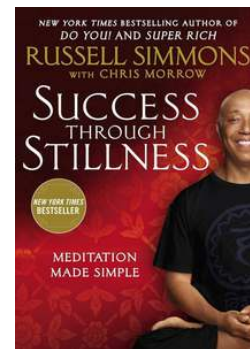
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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:



Success through Stillness by Russel Simmons

This book is a concise guide to meditation. It sheds light on the transformative power of meditation for enhanced focus, creativity, and well-being. Simmons advocates for its practical integration into busy lifestyles, promoting stress reduction and increased productivity for both personal and professional success.



Wellness Resources:

OURA Ring

Glo offers +5,000 yoga videos from beginner to advanced. The Oura Ring is a wearable health tracker that monitors sleep, activity, and physiological data to provide insights into overall well-being. Personally, I've been using it for months and it has helped me tremendously with enhancing my sleep quality by helping me study my sleep patterns, my activity/energy levels, and my overall wellness

OURA

Qigong For Vitality

Qigong is a traditional Chinese practice involving coordinated movements, deep breathing, and meditation to cultivate and balance the body's vital energy, promoting overall well-being. Practice with Jeff with over 100 videos [here](#)



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