

March Events



- 1. March 4 @ 6:00pm:** Bowling w/ friends at Main Events in LR! 2616 S Shackelford Rd, Little Rock.
- 2. March 15 @ 4:30pm & 7:30pm:** Pour Painting Party at Kris Dunlap's house! Kids welcome as long as they don't eat the paint! (address will be on the calendar invite). TWO TIME SLOTS for the people who work!
- 3. March 21 @ 1:00pm:** Wellness committee meeting via Zoom



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



Stephanie Veach
Mar 4



Kelli Ebmeyer
Mar 4



Lindsey Abels Holloway
Mar 15



Dr. Rebecca Liggin
Mar 20



Jamie Mansfield
Mar 24



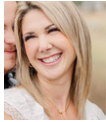
Adrienne Baloun
Mar 25



Melissa Easdon
Mar 27



Brandi Coleman-Robertson
Mar 25



Sarah Marie Lynch
Mar 28



Leave it to Dr. Patrick Ayers to take you through a sketchy dirtroad, only to find yourself on Ouchita mountain watching the most gorgeous sunset! Thank you Dr. Ayers for this incredible wellness event!



Wellness News

- Committee meeting via Zoom on March 21 @ 1:00pm. Please make it to have your ideas / suggestions heard!** Anyone is welcome to attend.
- Fun activities this month:** Bowling on March 4th and pour painting party @ Kris's March 15! Please RSVP for head count :)



Warm & Fuzzies:

From Kamron Steed to Dr. Elliot Taylor:

I would like to give a shout out to resident Elliot Taylor! She is very responsive to chats, keeps the nurses in the loop with plans, and is always so pleasant with patients and families!!! Love working with her!

From Zina to Dr. Stanford:

For gifting me a gorgeous painting done by the legend himself, Dr. Stanford. Your art is truly breath-taking!

From Dr. Foster:

Mucho Kudos to Sophie for a very wise TL decision to put an EMS patient in room 4, rather than in 26 ... where an unexpected full code would not have been ideal.

Mucho Gracias to the CDU Late APNs for all of their help in Zone 2 after 12 Noon!

Mucho Gracias to Dr. Storm for a ride to work on a snow day in January!

From Dr. Spiro to Sophie Dugan:

Thanks to Sophie Dugan for being an incredible team leader. Her clinical decision making helped avoid a disaster by appropriately triaging a critically ill child to the front rooms. She is awesome to work with on all levels!!!

From Dr. Kwong:

Warm fuzzies to April and Josie. They were staffing patients outside their zones when the team was busy with the ECMO patient.

From Allison Baldrige to Dr. Morse:

Big thanks to Amber Morse for taking the time to do the skills fair for the APRN group! We appreciate you!!!

From Dr. Howard:

Thank you to everyone who worked, allowing some of us to travel to SSPR. It was so great to network and get to support our residents and medical students as they showcased their talents!

From Zina to Dr. Porter:

Thank you for being so flexible and for switching night shifts with me!



What's happening in Little Rock?



STEVIE NICKS!!!

Simmons Bank Arena! Simmons Bank Arena Dr, North Little Rock. March 6, @ 7:00 PM. *Dr. Huff and I will be there, so if you plan on coming, shoot me an email/text!*

MONSTER JAM - AS BIG AS IT GETS

Simmons Bank Arena, 1 Simmons Bank Arena Dr, North Little Rock. March 9 @ 7:00pm, March 10 @ 3:00pm.

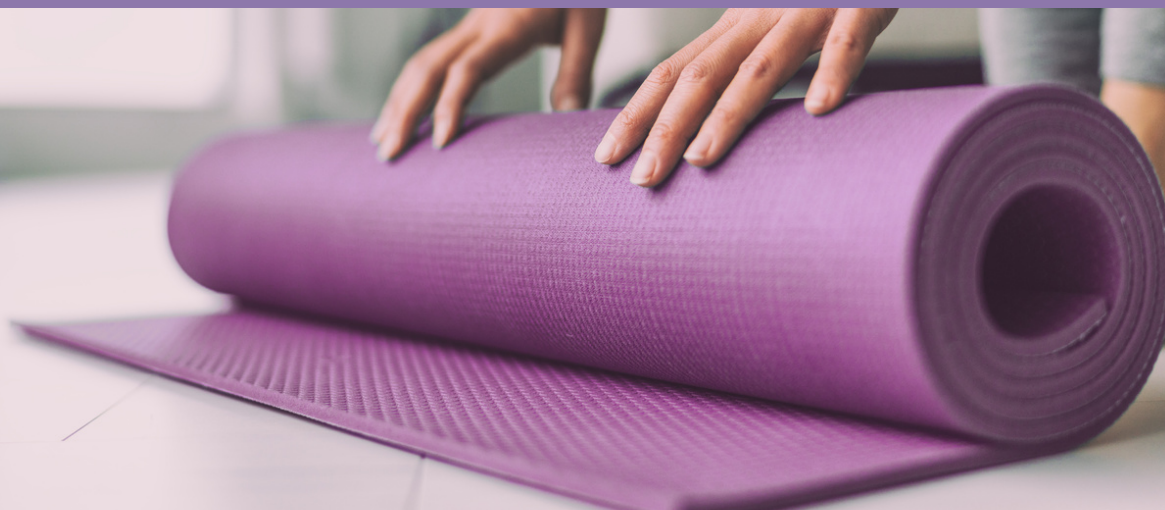
JESSICA KIRSON LIVE

The Hall. 721 W 9th St, Little Rock. March 10 @ 7:00 PM.

TYLER KINCH W/ MIDNIGHT SOUTH AND JOSIE HARGIS

The Hall, 721 West 9th St, Little Rock. March 16 @ 8:00 PM

"A sad soul can be just as lethal as a germ." – John Steinbeck



Seasons change, new beginnings!



As the Spring Equinox graces us with its arrival, it marks not only the delicate balance between day and night but serves as a subtle reminder of equilibrium within ourselves. In this season of renewal, the burgeoning blossoms and the warmth of lengthening days whisper promises of growth and vitality. Just as nature undergoes its rejuvenation, so too can we embrace a spiritual reset. Aligning our energies with it, the equinox becomes a poignant moment to shed the remnants of winter's inertia and embrace the potential for personal flourishing. In cultivating a mindful connection with the season's resurgence, we find a subtle tonic for the soul, fostering wellness and nurturing the seeds of mental resilience. The Equinox invites us to sync with nature's rhythm, subtly nudging us toward a vibrant, balanced state of being.

Here are some creative ways to incorporate wellness into your daily life this Spring:

- 1. Daily Outdoor Walks:** Take short walks in a nearby park to enjoy the spring weather and boost your activity levels.
- 2. Plan a picnic in Nature:** Pack a healthy picnic, find a spot outdoors, and savor a meal surrounded by nature.
- 3. Garden for your wellness:** Plant flowers or herbs in your garden or pots for a therapeutic and rewarding experience. Gardening teaches us patience, and the value of self-sufficiency.
- 4. Spring Cleaning Workout:** Combine decluttering and organizing with a workout to refresh both your space and your body.
- 5. Sun Salutations at Sunrise:** Sun Salutations offer a holistic approach to well-being by combining physical fitness, mental clarity, increased energy levels, improved respiratory function. Start your day with a few minutes of outdoor yoga, incorporating sun salutations for a refreshing routine.



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

Team Member Spotlight

Dr. Patrick Ayers



I'm a transplanted country boy from across the river in Mississippi that found a new home here in Arkansas back in 2017. Received my undergraduate degree from Ole Miss (Hotty Toddy) in 2010 and completed my medical school education at the University of Mississippi Medical Center located in Jackson, MS in 2017. In between undergrad and med school, I was able to squeeze in a Masters degree in Biomedical Sciences at Mississippi College in 2012. I've worked many jobs growing up (many non-medical), but they helped teach me the value of interpersonal relationships with both customers and coworkers.

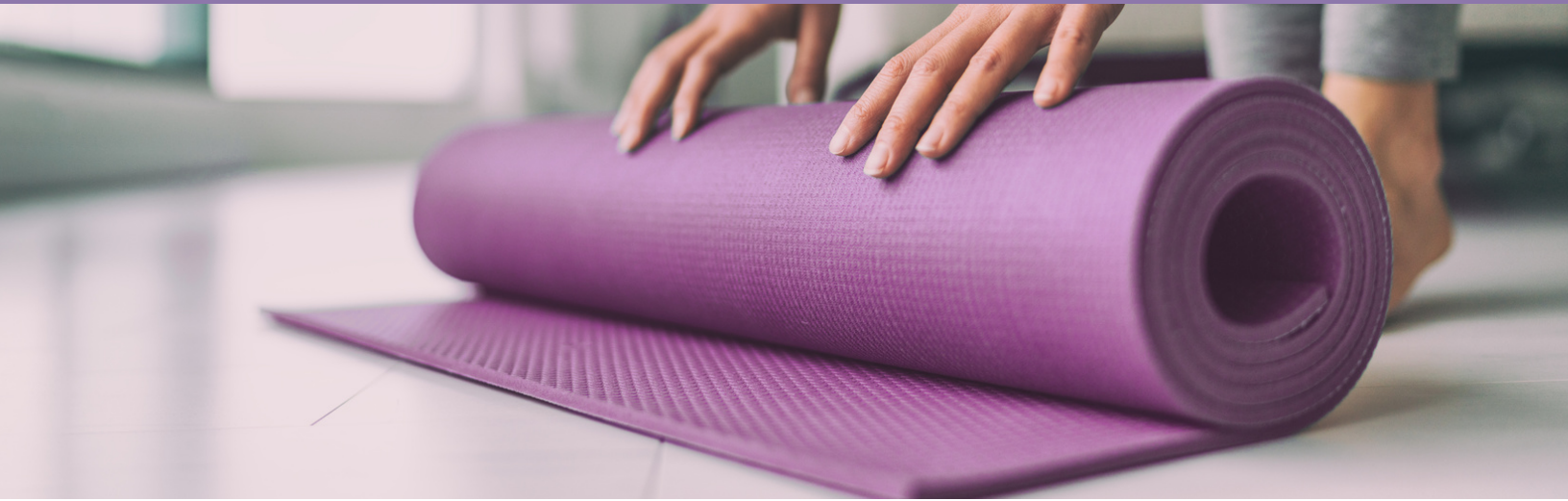
I have a pretty awesome fiance at home (who's way cooler than me) that I plan on marrying this upcoming October! Her name is Whitney Corsegner, but I think "Ayers" will end up being a little easier to pronounce. My fiance and I love exploring everything outside here in Arkansas, and we annually float and camp alongside the Buffalo River each spring to escape the city.



We met each other at a CrossFit gym here in town, so physical fitness is important to us in many different ways. If you catch me indoors, I'm either building Lego Star Wars sets or reading some sort of crime fiction! My favorite movies/shows begin with the line "A long time ago, in a galaxy far, far away."



“A sad soul can be just as lethal as a germ.” – John Steinbeck



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:

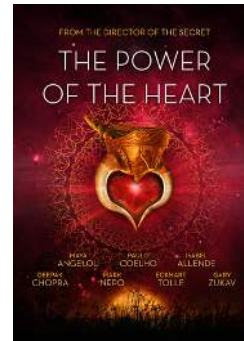
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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 Viewing:



The Power of the Heart

This is a revolutionary documentary adapted from Baptist de Pape's book, the film features insights from influential figures like Paulo Coelho, Maya Angelou, Deepak Chopra and Eckhart Tolle. Going beyond the conventional view of the heart as a mere organ, this documentary presents compelling evidence that the heart possesses the potential to redefine perspectives on wealth, health, relationships, and success. This movie helps unlock the authentic purpose that resides within your heart, fostering a profound connection with one's inner self.



Wellness Resources:



SWEAT App

The Sweat app is a fitness platform featuring diverse workout programs led by professional trainers, offering a range of fitness styles including HIIT, yoga, and post-pregnancy workouts.



Dr. Layne Norton (BioLayne)

Dr. Layne provides entertaining and educational videos on fitness, nutrition, and exercise. He has a PhD in nutritional science and aims to debunk health & fitness myths using an evidence based approach & sarcastic humor. **CAUTION:** not suitable for younger audience due to occasional use of explicit language. Find his YT channel [here](#)

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