

May Events



- May 16 @ 1:00pm:** Wellness committee meeting (Zoom)
- May 17 @ 7:30pm:** Game Night at Zina's place (address will be on calendar invite). SO's welcome, but no kids.



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



Carrie Wiles
May 3



Mikayla Lemley
May 14



Dr. Becky Nowell
May 16



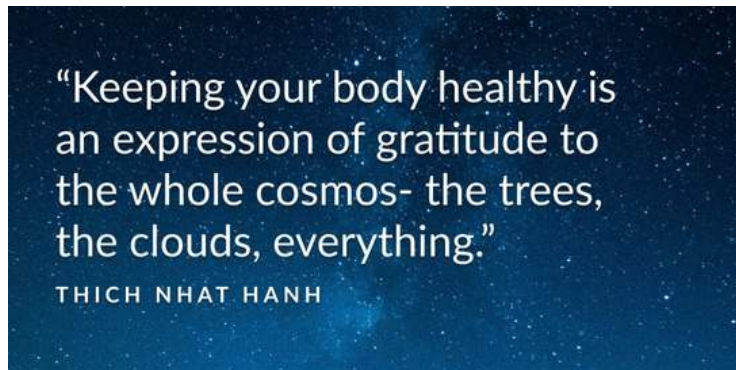
Makaila Meeks
May 20



Dr. Jeff Montgomery
May 22



Megan Brown
May 31



Wellness News

- Let the GAME NIGHTS begin!** Gamenight at Zina's abode will begin. First one is Friday, May 17th at 7:30pm. SOs welcome but not kids. Finger foods & drinks will be there but contributions welcome :)! Address will be on the calendar invite.
- Wellness committee meeting**- please come and have your ideas/voices heard. Meeting via Zoom on May 16 at 1:00pm.
- Wellness Coffee Station is UP AND RUNNING.** It's on the fridge by Kris Dunalp's desk in the resident workroom. Will try to keep it stocked with yummy coffees and teas, but K-cup donations are welcome! :)



Warm & Fuzzies:

Dr. Waddell & Misty Smart: HUGE shoutout to Ryan for going above & beyond for a family that needed an H2O chamber after CO poisoning! Spent HOURS calling up places to secure them a spot :) Also shoutout to Misty for arranging transport and calling up places for hours to secure them transportation out of state! (from Zina)

Kaylee Patton & McKennah West: Thank you for being great advocates for your patients

Makaila & Cassidy: Thank you for seeing a ton of patients in PHR! (from Kim)

Raven: Great catch today in triage to notice abnormal VS & resp distress & to ask for help and to ensure the pt was seen ASAP by triage RN. Pt was super sick! Great catch! (from <3 Ashley F)

Bailey: Thanks to Bailey for catching a med dosing error in DC instructions. (from Dr. Clawson)

Erin & Savannah: For always bringin joy & smiles to the ED! (from Kris)

From Emma Rhoads: I <3 whoever set up the coffee area by Kris!

Nightshift Crew on 4/1-4/2: AHUGE shout out to the Nightshift crew that worked 4/1 night - you're awesome, strong work! (from Zina).

Dr. Morse: Thank you for always having a smile & checking in on your coworkers! You rock! I am thankful I work alongside you. (from Mikayla C)

Kim: You are amazing! Thank you for all your help & for advocating for child life! (from Mollie)

Ryan & Kylie: Thanks for helping me keep my meds & wastage straight when the night got crazy!

Nightshift crew on 4/1-4/2: Way to pull it together! (from Nikki)

Kya Jones: For doing everything to make the ED a better place! (from Dr. Push)

Julia Shaver: 4/16 I think Julia Shaver moved a million kids through PHR today!

Dr. Storm: Is amazing when a disaster of a pt comes She is consistently calm and keeps a quiet room.

Emily Becker: was so helpful on Z3! She was knocking out orders left & right before! could realize they were there! You are a rockstar! (from Ashton)

Dr. Waddell: For doing a great job dealing with a difficult mom! (from Becky).

Kris: for saving the wellness event last minute when the horsrace got cancelled due to the weather! We had a blast playing cards :)

What's happening in Little Rock?



The Wallflowers at the Hall!

Watch Jakob Dylan (Bob Dylan's son) perform live at the Hall! May 3 at 8:00pm.

The Arkansas Symphony Presents: Brahms' Symphony

May 4-5. Robinson Center. 426 W Markham St

Cinco De Rhino 2024:

Join Generation Zoo for Cinco de Rhino - a Cinco de Mayo celebration for the conservation of rhinos! This event is hosted by Generation Zoo and Arkansas Zoological Foundation at the Little Rock Zoo's Café Africa. May 23

Ian Moore:

Stickyz Rock n' Roll Chicken Shack, May 31

"We're all just walking each other home" - Ram Dass

The Case for Forgiveness



Once, as the Buddha was teaching his disciples, a man approached him filled with anger and resentment, hurling insults & accusations at the Buddha. But the Buddha remained calm and silent. The man continued his tirade until he exhausted himself and finally fell silent.

Seeing the man's suffering, the Buddha gently asked him, "If someone offers you a gift and you refuse to accept it, to whom does the gift belong?" The man, taken aback by the unexpected question, replied, "To the person who offered it."

The Buddha smiled and said, "Similarly, when you hurl insults and anger at me, if I do not accept them, to whom do they belong?" The man paused, realizing the wisdom in the Buddha's words. He bowed deeply, asking for forgiveness for his harsh words and actions.

Forgiveness holds profound implications for wellness, serving as a transformative balm for our psyche. By releasing the grip of resentment and bitterness, we experience a profound sense of relief and liberation from that poison. Forgiveness can be healing not only for our relationships with others, but it also heals us and eases our suffering.

Practice this Forgiveness Meditation by Jack Kornfield:

There are many ways that I have hurt and harmed others, have betrayed or abandoned them, caused them suffering, knowingly or unknowingly, out of my pain, fear, anger and confusion. Let yourself remember and visualize the ways you have hurt others. See and feel the pain you have caused out of your own fear and confusion. Feel your own sorrow and regret. Sense that finally you can release this burden and ask for forgiveness. Picture each memory that still burdens your heart. And then to each person in your mind repeat: I ask for your forgiveness, I ask for your forgiveness.

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

Team Member Spotlight

Kim Kidwell



Hey I am Kim Kidwell and I function as a Paramedic here in the ED at ACH. I started my journey to paramedicine as a Nationally Certified Firefighter and quickly decided the medical side of emergencies way more challenging. I became an EMT through the MEMS rookie program and was selected a year later for Paramedic school, that was 15 years ago. I have been a street medic, flight medic, and supervisor over the years.



My hobbies include cooking, gardening and doing the construction projects we have going on around the house. My partner Taylor and I are suckers for animals. We seem to be collecting them for a small homestead. We care for 4 dogs, 3 snakes and 8 chickens. We just got a new Jeep and are thinking about adding some trail rides to our list of hobbies.



"We're all just walking each other home" - Ram Dass



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:

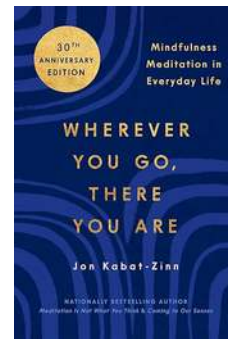
A comprehensive list of vendors who offer discounts to employees, students, and alumni of the UAMS. Don't forget to present your UAMS ID badge! Find list [here](#).

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:



Wherever You Go, There You Are

This wonderful book by Jon Kabat-Zinn is a guide to mindfulness, teaching you how to live in the present moment through practical exercises and insights. Kabat-Zinn shows how mindfulness reduces stress and enhances well-being, inviting readers to embrace it as a way of life for greater peace and fulfillment.



Wellness Resources:



Calm

Calm is a meditation and relaxation app offering guided sessions, sleep stories, and soothing music to reduce stress, improve sleep, and enhance overall well-being.



Taiflow

From their YT channel: Practice Tai Chi in only 5 minutes a day everyday and it will change your life. Simple easy to do moves that will build strength and bring emotional, mental and physical balance to your life. Join Leia [here](#)

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