

VTCSOM
WELLNESS
ADVOCACY
COMMITTEE

**UPCOMING
WELLNESS
EVENTS:**

OPEN MIC
NIGHT
3RD STREET
COFFEE
HOUSE
MARCH 23RD

MINDFULNESS
WITH LAURIE
SEIDEL
2 OPTIONS
APRIL 2ND
12:10-12:25
12:35-12:50

VTC PAINT
NIGHT
VTC CAFÉ
APRIL 6

SELF-DEFENSE
TRAINING
APRIL 12
4:30
STUDENT
COMMONS

FUR BABIES
FRIDAY
(PUPPY
PLAYDATE)
APRIL 27

Wellness Weekly

Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 37

MARCH 16, 2018

Congratulations Class of 2018!

Match Day is just the beginning of an adventurous journey ahead. New people, places, and challenges await you. We wish you the best on your journey & hope you remember we'll be here if you need us.



Volunteering Opportunity



**GOOD
SAMARITAN
HOSPICE**

Good Samaritan Hospice of Roanoke

is looking for volunteers to serve as “Family Support Volunteers”. These volunteers visit with an assigned patient as requested and

offer emotional support, respite care, transportation and other assistance as allowed. Volunteers are asked to commit to a minimum of 2-4 hours per month. Training is required, which Good Samaritan provides. We are able to offer online training or in-house training. Online is at the volunteer’s pace and in-person training involves four 4-hour sessions which happen over the course of a month. Volunteers should be willing to travel within the Roanoke area. Each volunteer will be required to undergo a criminal record and DMV check. In addition to the Family Support Volunteer role, we also have additional volunteer roles that assist with special projects and events.

More information is available online at <http://goodsamhospice.com/employment/volunteer/>

“I Solemnly Share...”

Depression and anxiety are faced by many people nationally and medical learners including: students, residents, and attending physicians are not immune. Fear of addressing depression and anxiety leads to dangerous realities for those who find themselves in the darkness that seems void of any hope for light.

This reality was eloquently illustrated by Rachael Gutpa, MS, from the University of Michigan Medical School, Ann Arbor in a recent article of JAMA (February 13, 2018 Volume 319, Number 6). In addition to writing this article, a support video was also created to encourage individuals facing depression and anxiety to not only get help, but to know they are not alone.

<https://www.youtube.com/watch?v=Xtfsrqp9XH4>

Please know, Drs. Slusher, and Knight as well as Emily Holt are here to help if you find yourself facing a personal struggle. There are also help-lines and resources on the [Wellness Website](#) if you prefer speaking with someone outside the school.

Wellness Weekly Challenge

5 Best Types of Exercise for your brain and body

Business Insider recently posted an article highlighting exercises recommended by Harvard Medical School professor of medicine, I-Min Lee. Dr. Lee encourages individuals to incorporate five types of exercise into their workout routine.

1. **Swimming** - "the perfect workout"
2. **Tai Chi** - ideal for developing balance
3. **Strength Training** - [7 minute workout](#)
4. **Walking** - 30 minutes a day to reduce depression & prevent memory loss
5. **Kegal Exercises** - uterus, bladder, small intestine, & rectum muscles strength... Very important!

[For the full article click here](#)



Open Mic Night

Show off your musical talents and then....



Awaiz Khan, Class of 2020
will take the stage!!

March 23rd

7:00 PM

3rd Street Coffee House

Email Awaiz if you would like to be
one of the opening acts
(limited spots).

Parmesan Spinach Cakes

Ingredients:

- 12 oz fresh spinach
- 1/2 cup part-skim ricotta chese (or low-fat cottage cheese)
- 1/2 cup finely shredded Parmesan cheese
- 2 large eggs, beaten
- Salt and pepper

Directions:

1. Preheat oven to 400 degrees.
2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt, and pepper, stir to combine.
3. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).
4. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with a bit more Parmesan if desired.

NOTE:

Buy mature spinach (not baby spinach) as it is better for cooking due to its sturdy texture.



THE VTC 2018 FITNESS CHALLENGE!! AND THE WINNERS ARE.....

1. Bones & Babies	646 points
2. Hustlin Hokies (but #GoHeels)	643 points
3. GunningNoRunning	617 points
4. Globo Gym	615.5 points
5. Swole Girls	477 points
6. Spongebob Sweatpants	375 points
7. Pumped Up Chicks	367.5 points
8. The New Years Resolutioners	335.5 points
9. Get Yolked	325 points
10. Mighty Morphine Power Rangers	289 points
11. Mission Slimpossible	262 points
12. #SquatGoals	256 points
13. Thick & Thin	232 points
14. (Chick)en Tikkis	199 points
15. Got the Runs	197 points
16. Jak'd-STAT	196 points
17. Team Quan	183.5 points
18. Team of One	74.5 points

Congratulations Everyone!
Thank you for participating in the
1st VTC Fitness Challenge!
Back Again Next January!

TEAM STANDINGS AS OF 3/16/18

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

ALLY NAGY - CLASS OF 2018

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

DR. ALLY BOWERSOCK, PHD, CSCS, ACSM, EIM - LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“SUCCESS IS NOT FINAL. FAILURE IS NOT FATAL.
IT IS THE COURAGE TO CONTINUE THAT COUNTS.”**
- WINSTON CHURCHILL

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT AT EMHOLT@CARILIONCLINIC.ORG**

**IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL [EMILY HOLT](mailto:EMILY.HOLT@VTCSOM.VTACADEMYOFHEALTHCARE.EDU), OFFICE OF STUDENT AFFAIRS VTCSOM.**