

**UPCOMING
WELLNESS
EVENTS:**

11/16 - 6:00 PM

**YOGA WITH
DR. BETH POLK**

**STUDENT
COMMONS**

COMING SOON!

**PIZZA &
PUPPIES
RETURNS!**

VTC ATRIUM

COMING SOON!

**OPEN MIC
NIGHT**

COFFEE HOUSE

Slow Cooker Turkey Quinoa Chili

Ingredients:

- 1 Tbsp cooking oil
- 1 lb lean ground turkey
- 1 lg yellow onion, chopped
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1 Tbsp chili powder
- 2 tsps. Chipotle chili pepper
- 2 tsp cumin
- 3 small sweet potatoes, peeled & diced
- 1 cup uncooked quinoa
- 1 28 oz can crushed tomatoes
- 3-4 cups low-sodium chicken stock
- 1 15 oz can of black beans

Directions:

1. Heat the oil in a large skillet. Add the turkey, onion, salt, garlic powder, and black pepper. Cook and stir until the turkey is cooked (5 mins).
2. Add the chili powder, chipotle chili pepper, and cumin. Then, transfer to a slow cooker.
3. To the slow cooker, add chopped sweet potatoes, quinoa, chicken stock, crushed tomatoes, and black beans.
4. Cover and cook on high for 3-4 hours (or low 5-6 hours). Add additional broth as needed.



<https://www.wellplated.com/slow-cooker-turkey-quinoa-chili/>

Yoga for Men



Increase your mobility & flexibility.

Try Yoga.

Starting November 29th
and running until January 4th
5:00-5:45 Thursday Nights
Brambleton Center

[Register Here](#)

Weekly Shout Outs!

Dr. Rick Vari—

CONGRATULATIONS on receiving the
AOA Robert J. Glaser Distinguished
Faculty Award

Lauren Harris - Research

Welcome Back!

We missed you!!

Pam Adams -

HIGH FIVE!!!

Jordan Taylor— M2

**Thank you for the Group Tutoring
Session Thursday!**

Nick Torre -

CONGRATULATIONS on your
selection as the MHA student
to participate in the Senior
Executive Team Residency

Spring 2018

Wellness Weekly Challenge

DON'T RUN AFOUL OF "DUCK SYNDROME"

What is it? At Stanford, one concept students become quickly familiarized with is Stanford duck syndrome. You've likely seen it in fellow students and colleagues here. It is when on the surface, a person appears calm because they "are floating along peacefully. However, the truth is that underneath the water the person is paddling feverishly to keep going."

You're not alone in your feverish paddling. Remember you have lots of [support](#) around you when that doesn't seem true.

<https://www.quora.com/What-is-the-Stanford-duck-syndrome>

Creamy Coconut Vegetarian Korma

Ingredients:

- 2 medium potatoes, cut into small pieces
- 4 cups mixed chopped veggies (cauliflower, carrots, beans, bell peppers, corn and peas)
- 1 Tbsp oil
- 1 large onion, chopped
- 1-2" ginger, peeled & chopped
- 4 garlic cloves, smashed
- 1 Tbsp brown sugar (or honey)
- 1 5.5 oz can of tomato paste
- 1 Tbsp each: curry powder and garam masala
- 1 1/2 tsp each: cumin, coriander, turmeric, cardamom
- 1/2 tsp each: ground cloves, fennel, fenugreek & chili flakes
- 1 400 ml can of coconut milk
- 1/2 cup cashews
- 2 Tbsp lemon juice
- 1/2 cup yogurt

Directions:

1. Add the potatoes to a medium-sized pot; cover with water & boil for 5 minutes. Add other veggies & boil 5 more mins. Drain.
2. While the veggies cook, prepare sauce. Heat the oil in a medium-sized pot. Add the onion, and cook on medium/high for 5 minutes. Add the ginger and garlic and cook 2 minutes.
3. Remove the pot from the heat and add the tomato paste and all the spices. Stir well then return pot to the heat. When the spices are fragrant and the tomato paste caramelized, after about 1 minute, add the coconut milk, cashews, lemon juice, and 1 1/4 cups water. Let the pot boil for 5 minutes to soften the cashews.
4. Working in batches, blend the curry until it is smooth then add it back to the pot. Stir through the yogurt and brown sugar and add more sea salt, if needed. Stir the veggies into the curry and serve immediately topped with any or all toppings (cashews, cilantro, lemon, and raisins).



<https://www.theendlessmeal.com/creamy-coconut-vegetarian-korma/>

**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:

DON'T WATCH THE CLOCK;
DO WHAT IT DOES.
KEEP GOING.
- SAM LEVENSON

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