

Wellness Weekly

**UPCOMING
EVENTS:**

OCTOBER 9TH
SLEEP & RELAXATION

12:15-1:00
TBMH

WELLNESS ROOM
1 RIVERSIDE
2ND FLOOR

OCTOBER 16TH

POP PILATES
12:15-1:00
TBMH

WELLNESS ROOM
1 RIVERSIDE
2ND FLOOR

OCTOBER 29TH

MINDFULNESS
12:15-12:30
M206

OCTOBER 30TH

POP PILATES
5:00 PM
MEDICAL STUDENT
COMMONS
M210

NOVEMBER 5TH

ART THERAPY NIGHT
VTC CAFÉ
5:30-7:30 PM

NOVEMBER 12TH

MINDFULNESS
12:15-12:30
M206

Chickpea, Spinach, and Egg Curry

Ingredients:

- 2 large eggs
- 1 Tbsp light olive oil
- 2 tsp cumin seeds
- 1 tsp black mustard seeds
- 2 Tbsp medium curry powder
- 1 tsp garlic
- 1 tsp ground ginger
- 16 oz of chopped tomatoes
- 16 oz chickpeas, drained & rinsed
- 1 Tbsp lemon juice
- 1/2 cup boiling water
- 6 oz baby leaf spinach
- Salt & pepper
- 2 Tbsp chopped fresh coriander, for garnish

Directions:

1. Bring a small saucepan of water to boil. Cook the 2 eggs (6-8 minutes).
2. Meanwhile, heat the oil in a wide frying pan over low heat. Add the cumin, black mustard seeds, curry powder, garlic, and ground ginger. Cook for 1 minute.
3. Add the tomatoes, chickpeas, lemon juice, and boiling water. Season with salt and pepper. Cook over a high heat for 6-8 minutes or until reduced and thickened. Add the spinach and cook until wilted.
4. Divide the curry between two bowls. Top each with 1 hard boiled egg (sliced). Sprinkle with a bit of extra curry powder and the coriander.



Supporting Medical Students Navigating Parenthood

by Carrie Knopf, MA - Office of Student Affairs

Parenthood is a challenge, but balancing parenthood with medical education can require extra planning, coordination, and support to ensure that students continue to excel in their training and at home.

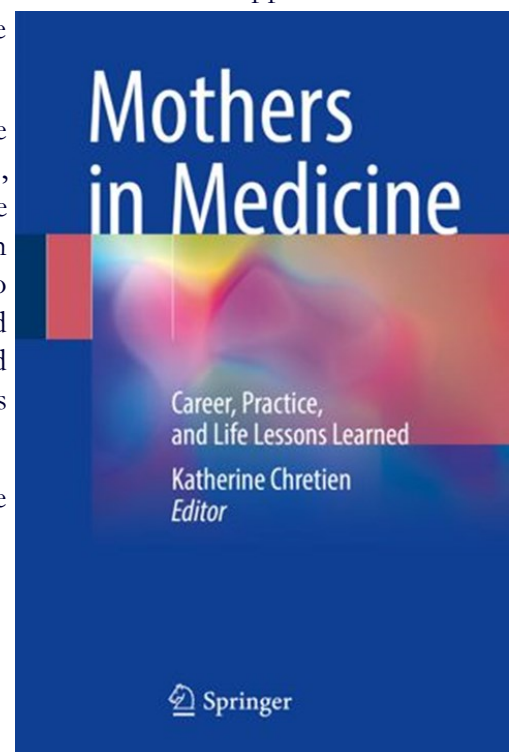
Luckily there are a number of great resources that can help medical students with children, those thinking of starting a family, and everyone who wants to support them. The Office of Student Affairs is compiling a guide tentatively titled, “Family & Pregnancy Guide: Supporting Parent Learners throughout the Medical Education Continuum,” which will be released later this fall. The guide will provide information on leave, accommodations, and resources that can support student-parents during their medical education and beyond.

A key component of the guide is a resources section featuring books, websites, blogs, support groups, and more. In the coming weeks, we will introduce some of these resources to highlight the ways in which they can help student parents and inform those who may be thinking of starting their own families. This week’s resource presents real stories from mothers in medicine who represent all stages of training from medical student to attending physician.

The book, “Mothers in Medicine: Career, Practice, and Life Lessons Learned,” is composed of 12 chapters covering topics unique to the physician-mother: career planning, choice of specialty, and work-life balance. Each chapter begins with a story by a different contributor and is accompanied by guidelines and tips to help readers tackle different decisions and challenges in their own lives. Although it is written for the physician-mother, many solutions can be utilized by working parents of all genders. It also offers insight into the challenges of physician-mother experience and how their families and friends can support their efforts. VTCSOM students, faculty, and staff can read the book online for free by visiting <https://lib.vt.edu/> and searching for the title.

The book was born out of a group blog, Mothers in Medicine (www.mothersinmedicine.com), founded by Katherine Chretien, MD, to provide a forum for physician-mothers to connect over the “unique challenges and joys of tending to two distinct patient populations, both of whom can be quite demanding.” Like the book, the blog delves into topics specific to the physician-mother, while also providing tips and recommendations on general parenting issues that may be complicated by the demands of a medical student or physician’s schedule such as breast feeding and childcare.

Stay tuned for an additional article regarding fatherhood and medicine coming soon.



Wellness Weekly Challenge

New Wellness Option Coming to VTC!

Pop Pilates
with Lyndsey Ivan

Starting in October, **all students, faculty & staff** of the VTC Health Sciences & Technology campus are invited to attend these free 45 minute fitness sessions.

October 16th and November 13th

**12:15 in 1 Riverside -
TBMH Wellness Room**

October 30th & November 27th

**5:00 PM in 2 Riverside -
Medical Student Commons**

Fitness clothes are necessary, yoga mats will be provided, and no experience is required.



On-Going VTC Wellness Activities

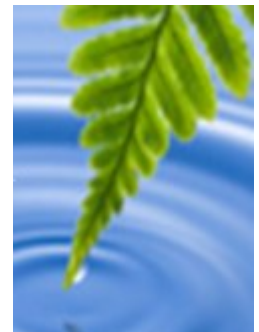
Walking Wednesdays

Every Wednesday at noon—group meets at the base of the Riverside 2 steps.



Mindfulness

October 29th, November 12th,
and December 3rd
12:15-12:30
in M206
with Laurie Seidel



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

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

TBD - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“A professional is someone who can do his best work
when he doesn’t feel like it.”**

- Alistair Cooke

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

TO SEND A “WEEKLY SHOUT OUT” MESSAGE,

EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU