



WELLNESS TIMES

Wellness Tip of the Quarter

Be Sun Safe! Wear sunglasses that block both UVA & UVB rays for best protection



ANNOUNCEMENTS

Below we have identified three opportunities which may be of interest to Residents and Fellows. These optional sessions are focused on workplace violence, psychological safety and self-protection and can augment official training on de-escalating violence.

Self-Empowerment and Defense class, on April 11th from 6:00 – 8:30 pm: Our thoughtful colleague from MHIR, Dr. Lucy Liaw, has been coordinating a women's self-empowerment and defense class for several years. Last year's participants reported that they got a lot from the class and truly felt increased confidence. The Sensei who leads the session is funny and interesting. Dr. Liaw and the Sensei agree that this is not a gender specific class, and all male and non-binary colleagues should feel welcome. This course is offered once per year when the Sensei returns to Maine from abroad. It costs \$50 per person for the class, but is reimbursable either by the WOW Healthy Paybacks and other sources. Note: Email MMCWellbeing@mainehealth.org for help with a seamless reimbursement process.

400 per year: Physician Suicide & Mental Health
Thursday, May 11 2023

11:00 - 12:30

Dana Auditorium - Lunch Provided

RSVP to Elizabeth.McDonagh@mainehealth.org

Talkspace Webinar - Increasing Psychological Safety in the Workplace—Psychological safety is the experience of feeling that you can bring your authentic self to work and voice your opinions without fearing negative consequences. HR leaders and managers play an important role in creating psychological safety for their workplace by building a climate of candor and vulnerability on their team. In this webinar, Liz Colizza NAC, LPC, NCC - Head of Clinical Content at Talkspace, will equip you with practical skills to foster psychological safety for your-self and your colleagues.

Register → Live Webinar | April 25, 2023 at 1PM EDT
Once registered, members will have access to the webinar and recording.

WELLNESS STARS & BEST PRACTICES!

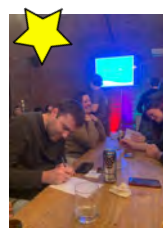


I want to nominate **Mark Bernardo, Rachel Henderson, and Emma Stanislawski.** These three

PGY-2 residents have taken on a major wellness role in the psychiatry department this year serving as our informal social chairs. Together they consistently

organize weekly social events every Tuesday including happy hours, trivia, karaoke, poetry reads, and even introductions to oyster shucking. In addition to their weekly contributions, they have coordinated numerous holiday parties this year for psychiatry, hosted baby shower's for residents & families, organized mixer's with other resident specialties, baked several cakes for resident birthdays, and overall serve as our most enthusiastic participants in resident wellness. Their time and efforts are massive and do not go unnoticed!

*Matt Cooley, MD
Psychiatry*



Jay Kellegrew works tirelessly to ensure wellness for the anesthesia residents organizing get-togethers that are both resident and department specific.

*Travis Barker, MD
Anesthesiology*

Robert Link, MD

Emergency Medicine
Resident Paint Night



More photos next page

RECIPE OF THE QUARTER

Corn Avocado Salad

2 cups fresh corn kernels (or frozen)
1 lb mini cucumbers, sliced
1 lb cherry tomatoes (cut in half)
3 medium large Avocados (cubed)
3 Green Onion Sprigs (finely chopped)
1 lime (zest and juice)
2 Tbs olive oil
1/2 tsp salt
Add ground black pepper to taste



Instructions:

1. To grill corn, remove it from the husk and grill on medium heat for approximately 20 minutes. If using frozen, rinse it in a colander under warm water for 1 minute and drain.
2. Add cooked corn, cucumber, tomato, avocado, green onion, lime zest and juice, olive oil, salt and pepper to a large salad bowl
3. Stir salad gently and serve cold for a great lunch or as a side for chicken or salmon!

Nutrition:

Calories per 2/3 cup, 269
Carbohydrates: 23g
Protein: 5g
Fat: 20g
Saturated Fat: 3g
Sodium: 1214mg
Fiber: 10g
Sugar: 7g



Appreciation for our Residents and Fellows



MaineHealth | 2

WISDOM • COURTESY • RESPECT • INTEGRITY • EXCELLENCE • COMMUNITY • INNOVATION


Andy Mueller, CEO MH, Dr. Kristen Sciacca, GME Wellness Officer and Kneka Smith, VP Academic Affairs, greet MH staff at the South Entrance to kick off Resident & Fellows Appreciation Week with a sticker handout!

AROUND TOWN & AROUND MAINE ..

Free Friday at the Portland Museum of Art. More info [here](#).



SailMaine - We have a SailMaine membership that is open to all residents and fellows. Contact [SailMaine](#) to learn more about classes and certifications.

Casco Bay Sports: Upcoming Summer Leagues - Membership for these leagues can be submitted for **reimbursement** through the WOW program (Works on Wellness Program). 

Did you know you can submit for reimbursement twice a year for eligible wellness programs and activities?

Eligible activities include state park passes, massages, gym memberships and online fitness memberships such as Peloton!

Payback Period One: 1/1 - 6/30 (submission due by 6/30)

Payback Period Two: 7/1 - 12/31 (submission due by 12/31)



The GME Wellness Committee has Sea Dog Tickets for the July 22, 6:00 pm game. It's a SKY-BOX!

Sign up [here](#)

Radiology Wellness Day Gift Bags



Psychiatry Group Trivia Outing

