

The Hopkins Med LiveWell Newsletter

Welcome to the second issue of The Hopkins Med LiveWell Newsletter! We hope to build a tradition of wellness at Johns Hopkins, and this publication attempts to capture the energy and enthusiasm of students so that we can all collaborate to change the wellness culture as part of our professional developmental responsibility to care for ourselves so that we can care for others.

In this issue, you will find information about student-planned wellness activities, news and notes about the latest happenings on campus and in the community, as well as publications by your colleagues—all intended to help students express what wellness means to them individually. We thank you for taking time to read through this issue, and we invite you to participate actively in the future by sharing with us about your wellness activities and events and by submitting written and artistic pieces to publish—this is a standing invitation to submit expressions of all types!

Finally, if you'd like to communicate about wellness on a regular basis with your colleagues, please join the LiveWell listserv as a tool for posting questions, sharing articles, and facilitating conversations about wellness topics: <https://lists.johnshopkins.edu/sympa/info/livewell>

1. LIVE WELL CALENDAR:

- Wellness activities and events for Hopkins students! See “Notes” for details.
- Please send planned activities and events to HopkinsLiveWell@gmail.com.

~ September 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 12:00 – 2 = Basketball 4:30 – 5:30 = Yoga	1	2	3	4	5	6 “Welcome to Baltimore” Interschool event at Power Plant.
7 12:00 – 2 = Basketball 4:30 – 5:30 = Yoga	8	9	10	11	12	13
14 12:00 – 2 = Basketball 4:30 – 5:30 = Yoga	15	Notes: → Yoga organized by Fiona Gispen (fgispen1@jhmi.edu); Cooley Exercise Studio. → Basketball organized by Brent Pottenger (bpotten1@jhmi.edu); Cooley Gym. → These activities are free and open to students of all experience-levels—JOIN!!!				

2. ROUNDING THE DOME:

- News and notes from around The Hopkins Med campus!

It's mid-August, and the new 2014-2015 school year is already in full swing! On behalf of the Hopkins Student Wellness Initiative (#SWI), we would like to welcome the new students of Med18 to the JHUSOM family! Since August 12th, Med18 has been busy with getting to know each other, the campus, as well as the community through the Health Care Disparities TIME course, community service, and interactive orientation activities (photo scavenger hunts, icebreakers, potlucks, oh my!), overseen by volunteers from Med17. The following week, Med17 began classes, and the first-years were introduced to the anatomy dissection lab in a specially prepared "Meet the Cadaver" session on the first day. In addition, third-year students are working hard and in the midst of clerkship rotations, studying for boards or spending time on research, entrepreneurship, and other programs of study, while fourth-year students are busy finishing up their residency applications. Good luck with all these endeavors, and we hope that in this Newsletter you find some useful and new tips and ways to Live Well at Hopkins!

3. BE MORE PART OF B'MORE:

- Information about community events and happenings in Baltimore!
 - o *B'More Interested*: <http://www.bmoreinterested.com>
 - Free concerts, yoga classes, and other festivals and events, including Farmers Markets (please see calendars on Web site for details).
 - o *Mount Vernon Place Conservatory*: <http://mvpconservancy.org>
 - Free yoga classes on Saturday mornings at 8:30 AM in East Mount Vernon Place Square.
 - Free outdoor concerts on Wednesdays and other interesting cultural events (please see calendar on Web site for more information).
 - o *Yoga at the Inner Harbor*: <http://www.charmcityyoga.com/yoga-at-the-inner-harbor/>
 - Free yoga classes on Sunday mornings at 8:00 AM in West Shore Park.
 - o *November Project*: <http://november-project.com/baltimore-md/>
 - Free morning workouts on Wednesdays in Federal Hill and on Fridays in Patterson Park (please see Web site for details about exact times).

4. EXPRESSING WELLNESS:

- Student publications of all types to express personal wellness!
 - o Please submit poems, essays, reflections, drawings/art, photos, and other creative pieces to HopkinsLiveWell@gmail.com by September 28th for publication in the next edition of *The Hopkins Med LiveWell Newsletter*.

“We Aren’t Who We Thought We Were”

By Brent C. Pottenger, MHA, MSIV (**Taussig** College!)

Things are improving
For this whole business of being

A human being.

It started with a **G**.

It now has an **M**.

The **G**enome was a human thing;
But now it has a **M**icrobiome silver-lining.

That is those bacteria, fungi, and viruses;
Those micro-organisms that are lining our inner-beings

And are interacting with our reasons for being.
We knew about that twisted strand;
That DNA-key that unlocked our destinies.

Allegedly.

But then they added a Latin prefix: *epi*.
And the floodgates opened: *finally*.

We now have *epi-genetics*.
But that's just half-the-battle;

Or, even less so.

Because now that *epi-microbiomics* has joined the show,
Our destinies seem much more like recursive mysteries.

Our DNA was unwinding;
But now we're reconvening.

Convening to figure out just how all these factors
Factor into determining our phenotypes from our genotypes—

Our expressions from our encryptions.

And it's all so terribly cryptic.
But it's not to fuel the cynic.

Instead we are left to recoil;
To admit that there's far more to those double-helix coils.

While realizing that sequences of DNA won't cement our destinies
Because it's *epi-genetics* and *epi-microbiomics*
That determine our fates at the end of the day anyways.

“But that’s far too much plasticity,” you say.
And you’re wondering how best to seize the day:

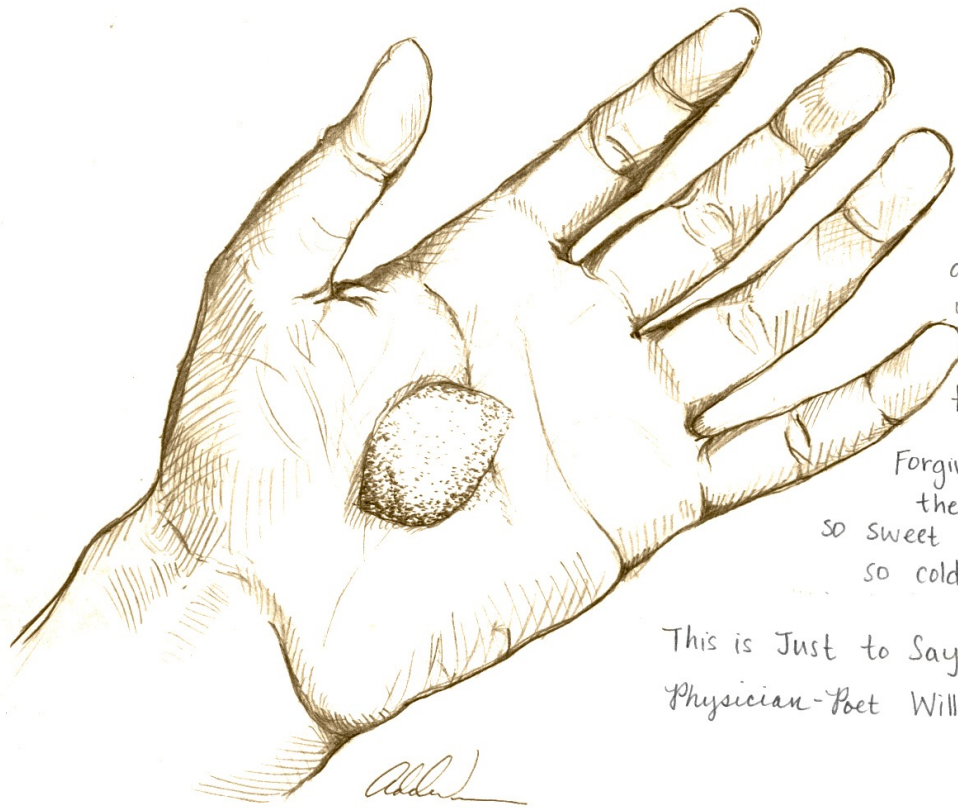
Take your *epi*-pills and say, “Today’s the day that I shape my destiny today.”

Because we aren’t who we thought we were; and that’s an empowering reality.

Student Wellness Initiative (#SWI) logo, designed by Sam Roman, MSII



"A sketch" by Adela Wu, MSII



I have eaten
the plums
that were in
the icebox

and which
you were probably
saving
for breakfast

Forgive me
they were delicious
so sweet
so cold

This is Just to Say
Physician-Poet William Carlos Williams