

# The Hopkins Med LiveWell Newsletter



Welcome to the fourth 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. 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!

Also, 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>

+ Join the #SWI Facebook Group:

<https://www.facebook.com/groups/studentwellnessinitiative/>

**NEW: Photography and Recipe sections!**

## In This Edition

<b>NOVEMBER LIVEWELL CALENDAR.....</b>	<b>2</b>
<b>BE MORE PART OF B'MORE.....</b>	<b>2</b>
<i>B'More Interested.....</i>	<i>2</i>
<i>Mount Vernon Place Conservatory.....</i>	<i>2</i>
<i>Yoga at the Inner Harbor.....</i>	<i>2</i>
<i>November Project.....</i>	<i>2</i>
<i>Center Stage.....</i>	<i>2</i>
<i>M.power Yoga Studio.....</i>	<i>2</i>
<b>ROUNDING THE DOME.....</b>	<b>3</b>
<i>Colleges Olympics Recap by Wuroh Timbo, MSIV.....</i>	<i>3</i>
<i>A Place to Talk.....</i>	<i>3</i>
<i>LiveWell Workshops.....</i>	<i>3</i>
<i>HERBS.....</i>	<i>3</i>
<b>EXPRESSING WELLNESS.....</b>	<b>4</b>
Reflections.....	4
<i>"This I believe" by Anonymous.....</i>	<i>4</i>
Poetry.....	5
<i>"Those eyes" by Maxine Norcross.....</i>	<i>5</i>
<i>"Fleeting Fate" by Brent Pottenger.....</i>	<i>6</i>
<i>"While you await" by Brent Pottenger.....</i>	<i>6</i>
Essays.....	6
<i>"Doctors Tell All—And It's Bad" in The Atlantic.....</i>	<i>6</i>
<i>"Am I Cut Out for This" by Rhianon Liu.....</i>	<i>6</i>
<i>"The Best Possible Day" by Atul Gawande.....</i>	<i>6</i>
<i>"We Have Medicalized Aging, and That Experiment Is Failing Us" by Atul Gawande.....</i>	<i>6</i>
Recipes.....	7
<i>Curried Butternut Squash Pasta by Tracy Yang, MSII.....</i>	<i>7</i>
Photography.....	8
<i>"Autumn Trio" (Eno River State Park) by Liwei Jiang.....</i>	<i>8</i>
<i>"Fingers of the Sun" (Beaverdam, Falls Lake) by Liwei Jiang.....</i>	<i>9</i>
<i>"Soaring" (Highway 50, Falls Lake) by Liwei Jiang.....</i>	<i>10</i>
<i>"Sunbathing Pine Cone" (William B. Umstead State Park) by Liwei Jiang.....</i>	<i>11</i>



Friday Night Plights: Taussig and Nathans Colleges heat up the dodgeball court on the first night of College Olympics. Read more in Rounding the Dome! (SHERYL-VI RICO/LIVEWELL)

# NOVEMBER LIVEWELL CALENDAR

Please send planned activities and events to: [HopkinsLiveWell@gmail.com](mailto:HopkinsLiveWell@gmail.com)

→ Access the Online Calendar here: <http://goo.gl/i5aWYe> (screen shot below)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Dance 11 Football 12p Basketball 4:30p Yoga	27	28 6p Hopkins Runners!	29	30 7p Pickup Volleyball	31	Nov 1 8 Hopkins Runners! 3p Pickup Volleyball
2 Dance 11 Football 12p Basketball 4:30p Yoga	3	4 6p Hopkins Runners!	5	6 7p Pickup Volleyball	7	8 8 Hopkins Runners! 3p Pickup Volleyball
9 Dance 11 Football 12p Basketball 4:30p Yoga	10	11 6p Hopkins Runners!	12	13 8p LIVEWELL WORKSHOP - Risky B! 7p Pickup Volleyball	14	15 8 Hopkins Runners! 3p Pickup Volleyball
16 Dance 11 Football 12p Basketball 4:30p Yoga	17	18 6p Hopkins Runners!	19	20 7p Pickup Volleyball	21	22 8 Hopkins Runners! 3p Pickup Volleyball
23 Dance 11 Football 12p Basketball 4:30p Yoga	24 12p LIVEWELL CONTINUED - Risky B!	25 6p Hopkins Runners!	26	27 7p Pickup Volleyball	28	29 8 Hopkins Runners! 3p Pickup Volleyball
30 Dance 11 Football 12p Basketball 4:30p Yoga	Dec 1	2 6p Hopkins Runners!	3	4 7p Pickup Volleyball	5	6 8 Hopkins Runners! 3p Pickup Volleyball

## BE MORE PART OF B'MORE

Information about community events and happenings in Baltimore!

### 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).

### 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).

### 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.

### 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).

### Center Stage

- <https://www.centerstage.org/BoxOffice/PurchaseGoPass.aspx>
- Inspiring, entertaining, high-quality theater at a fraction of the cost!

### M.power Yoga Studio

- <http://mpoweryogastudio.com>
- New yoga studio in Canton. Free classes for 10 consecutive days starting on the day of your first class. Address: 3600 O'Donnell St, Suite 100, Baltimore, MD, 21224.

## ROUNDING THE DOME

News and notes from around The Hopkins Med campus!

### Colleges Olympics Recap

By Wuroh Timbo, MSIV

We've now completed another exciting weekend of the Colleges Olympics. The event started on Thursday, October 16<sup>th</sup> with Video Games and concluded on Saturday October 18<sup>th</sup> with the Art Battle. What is great about the Colleges Olympics is that it is a weekend of fun that continues to expand and it is always wonderful to see what new addition each 2<sup>nd</sup> year class that runs the Olympics adds to the experience as a whole. This year, one of the memorable things the coordinators from Med 17 did was a hilariously well-done Q&A video with the judges of the Dance-Off. Speaking of Dance-Competition, arguably the most popular event of the Olympics continues to get even bigger and better. The amount of work our talented colleagues put into orchestrating a great show is always evident, and this year was no exception. The Dance-Competition came down to a sudden death 1 min dance-off between **Nathans** and **Sabin**, with **Nathans** edging out **Sabin** for it's 4<sup>th</sup> Dance-Competition Championship in row. Bravo to **Thomas** and **Taussig** for putting on great acts of their own.

Perhaps one of the biggest accomplishments of the Olympics this year was the amount of upperclassmen involvement. Traditionally, the Olympics have been heavily dominated by 1<sup>st</sup> and 2<sup>nd</sup> years, however the presence of the 3<sup>rd</sup> and 4<sup>th</sup> years was truly palpable. As it becomes very difficult for upperclassmen to interact with the underclassmen once they hit the wards, opportunities like this become invaluable for the intermingling of classes. As an upperclassmen, I appreciated the opportunity to meet many of my fellow College cohort in a fun and casual setting. Let's hope this trend continues, as it is great for both the Olympics, and the Colleges Advisory Program in general.

SAY WHAT?!:  
Sabin College students faced an emotional rollercoaster on Friday night of College Olympics (SHERYL-VI RICO/LIVEWELL)



After a long and hard-fought weekend full of strong, yet friendly competition- **Nathans** took the top crown (**Sabin** 2<sup>nd</sup>, **Thomas** 3<sup>rd</sup>, and **Taussig** 4<sup>th</sup>) for their first Colleges Olympics victory since the tournament started. Congratulations to **Nathans College** for their triumph! And as further acknowledgement of their bragging right for the next year, the Olympics Committee has created a banner that will be hanging from the front window of the **Nathans Common Room** for all to see.

Overall, a great weekend of events, a great show of sportsmanship by everyone involved, and a great job of coordination by the Olympics Committee. Until next year.

### A Place to Talk

This is a confidential peer support program that is designed to act as a resource for students who want to talk about anything from academic stress to more serious mental health concerns. We have been trained as peer listeners and have office hours every week in AMEB 236 (in the suite to the right as you face the bathrooms on the second floor). You are welcome to come alone or with a friend and to chat about anything on your mind.

→ Our office hours are:

Monday 3-5pm (Wynne)

Wednesday 1-2pm and 3:30-4:30pm (Sam)

→ Email us at [wcallon1@jhmi.edu](mailto:wcallon1@jhmi.edu) or [sroman6@jhmi.edu](mailto:sroman6@jhmi.edu) if you would like to meet but cannot make the office hours.

### LiveWell Workshops

The events are open to all students; they cover various wellness topics.

Here are the dates of upcoming events:

November 13 – Risky Behaviors

December 10 or 11 – Doubt

January 12 (week of) – Relationships

### HERBS

HERBS has launched its composting efforts. Bins (with sealable, odor control lids) will be available in the colleges with instructions for what can be added. These will be emptied regularly into the (new!) large outdoor compost tumbler.

Also, students are invited to come pick the remaining tomatoes, cucumbers, banana peppers, eggplant, and (of course) herbs, as our summer growing season comes to a close. Keep your eyes out for our fall crop of carrots, arugula, radishes, beets, and lettuce!

→ Students can also sign up to help water the garden here: <http://tinyurl.com/HopkinsHERBS>

## EXPRESSING WELLNESS

Student publications of all types to express personal wellness! We warmly welcome anonymous submissions.

- Please submit creative pieces to HopkinsLiveWell@gmail.com by November 30th for publication in the next edition of *The Hopkins Med LiveWell Newsletter*.
- Categories to consider:

Recipe of the Month	Wellness Tips	Art	Poetry	Literary, non-original
Faculty Insights	Reflections	Photography	Essays	Anonymous "thank you" notes

### Reflections

#### "This I believe" by Anonymous

*For me, wellness in medical school has a lot to do with reminding myself of who I am and what I believe, so that I can hold tight to those things when the day-to-day activities seem so far from the act of being a doctor. I wrote this essay, entitled, "This I Believe," several years ago, based on the NPR radio series and the couple books out by the same title. As the introduction to the book says, "This I Believe offers a simple, if difficult, invitation: Write a few hundred words expressing the core principles that guide your life -- your personal credo. ... This I Believe is an exercise in philosophical self-examination in a public context. It rises from the grass roots, where people can begin to listen to each other, one at a time." I reference it often as a reminder of what I did and do believe.*

I doubt myself pretty frequently -- my decisions, my plans, my work, my views. Hell, just reading a well-written philosophical piece can temporarily unravel what I consider to be my firmly held beliefs. But I consistently believe in the value of two things: learning and giving. In learning about others, I learn, too, about myself. I seek to understand -- to understand what makes me who I am, you who you are, and them who they are. And in learning about people, I recognize our similarity and equality. I see that we are equal genders, races, ethnicities, cultures, sexual orientations, people. I see that we are uniquely gifted and flawed, myself included, and that these flaws unite us in humble humanity.

And what's more, as I learn about the world we as people inhabit, I am inevitably drawn to the grandeur of a divine creator. There are few things

more beautiful to me than the mysteries and phenomena of biology -- the ever-turning circle of life, to be sure, but also the intricate turnings of the citric acid cycle, the blob-like-yet-perfectly-folded shape of a protein, the leap from electro-chemical nerve synapses to consciousness. When I marvel at these processes, I turn to God in humility, confusion and adoration. Learning makes me a better person. This I believe. I seek to learn and to marvel always, and to never close my mind to the possibility that I am completely and utterly wrong.

I believe just as assuredly in giving. After all, how can I respond to God's overflowing love in any other way than to be generous with my own love? In giving of myself and my love to others -- family, friends, strangers, patients -- I encounter the divine reality of relationship: that we are all a connected community of beings. In service, I encounter God, for it is in loving the unloved that I can most readily mimic God's example. I believe that we can be the best versions of ourselves when we are giving that self away. Because in its essence, "giving" is not just a one-way process; in being present to one another, we become connected. I believe that in the balance of grasping versus sharing, it is sharing that will bring us peace and justice. I believe in giving. I hope that in my life, I will share rather than grasp, and give rather than keep.

I choose to invest my life, and my love, in learning and giving. In so doing, I will be reminded during my times of doubt and questioning of the goodness of God and the beauty of human connection.

*What do you believe?*

## Poetry

### “Those eyes” by Maxine Norcross

I see them now, clearly—  
 Blue orbs holding his life’s mystery, an undiscovered galaxy,  
 Too big for his head with its deflated, concave contours,  
 And too beautiful for his decayed teeth and swollen tongue, long failed him,  
 Eyes pleading for understanding,  
 “*Why* is this happening to me?”

Those eyes command my attention,  
 Neural networks firing to comprehend his suffering,  
 Only four months ago told tumor invading his brain,  
 Causing neurons to go haywire,  
 Illusion of his body and friends on fire,  
 Yet the burns are real, carelessly licking his fingers with flame,  
 And breathing fear,  
 Was it a TV transmission beam shooting electricity,  
 Or a fallen cigarette?

“My *doctor* told me I can smoke all I want?!”  
 He asks incredulously, trustingly,  
 Knowing the futility, honoring his dignity,  
 As pleasurable puffs affirm his vitality,  
 He exhales shame, letting go of cancer guilt,  
 Personhood intact, a landscaping entrepreneur who loves his cat,  
 Eager to go home.

Beside the bed, I absorb and appreciate  
 A kaleidoscope of emotions in him, in me,  
 Offering acknowledgment as a stroke on his shoulder,  
 Prominent bones remind of fragility in him, in me,  
 “Is there anything else I can do for you?”  
 “*Yes- hold my hands.*”  
 My two hands, uncharred, encircling his, offering com-passion  
 God giving brotherhood in this life.

#### *About the Poem*

This poem was inspired by a visit to Seasons Hospice during the Y3 Palliative Care TIME course. Each student was instructed to meet a patient and present him/her during morning rounds. I was fortunate to meet Mr. T, a 46-year old man with lung cancer with metastases to his brain and HIV. He was in inpatient hospice for management of pain, depression, and agitation/hallucinations secondary to his brain metastases. I am grateful to Mr. T for sharing candidly with me his story, fears and hopes. His story illustrates several principles in palliative care. First, palliative care affirms life and helps patients live as actively as possible until death. With the support of hospice care, Mr. T was able to achieve symptom control and continue working in his landscaping business (a life-

affirming role) prior to his recent hospitalization. Second, palliative care regards dying as a natural process and integrates psychological and spiritual aspects of care. In our interaction, Mr. T expressed spiritual concerns about dying such as questioning the justice and meaning of his suffering. Patients’ spiritual needs can be supported through an interdisciplinary team that includes social work, chaplains, nursing, and medical providers (even visiting medical students). Finally, hospice values individuals and families as the experts in their own care. I think this principle can be extended to valuing patients and families as *people* first. The human connections we develop with patients and families define compassionate care for those dying with dignity.

**“Fleeting Fate” by Brent Pottenger**

Fleeting fate:  
You set a date  
And then you wait.

You await,  
But it escapes.

You play mind games;  
Everything seems to race.

Then comes another day.

And you wait;  
You wait for the next state:

For your fate.

**“While you await” by Brent Pottenger**

You're sitting there;  
Your fate grows near:

You wait -- you contemplate.

You're feeling now;  
Your words pour out:

You write -- you explicate.

You're unsure how;  
Your mind's gone out:

You watch -- you await.

While you await;  
Your memory escapes --

It finds: your fate.

***Essays*****Literary, non-original****“Doctors Tell All—And It’s Bad” in *The Atlantic***

[http://www.theatlantic.com/magazine/archive/2014/11/doctors-tell-all-and-its-bad/380785/?single\\_page=true](http://www.theatlantic.com/magazine/archive/2014/11/doctors-tell-all-and-its-bad/380785/?single_page=true)

**"Am I Cut Out for This" by Rhianon Liu,  
Hopkins Med student**

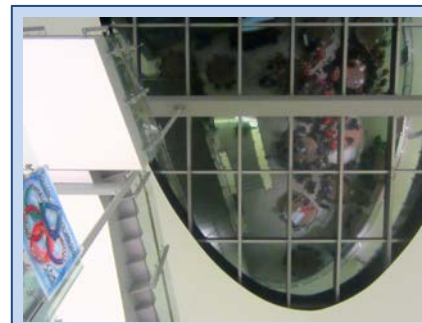
<http://informahealthcare.com/doi/abs/10.3109/0142159X.2014.970987>

**“The Best Possible Day” by Atul Gawande**

<http://www.nytimes.com/2014/10/05/opinion/sunday/the-best-possible-day.html>

**“We Have Medicalized Aging, and That Experiment Is Failing Us” by Atul Gawande**

<http://www.motherjones.com/media/2014/10/atul-gawande-being-mortal-interview-assisted-living>



Meta-reflections:  
Students join  
minds in the  
AMEB to ponder  
trivia questions for  
the College  
Olympics  
(SHERYL-VI  
RICO/  
LIVEWELL)







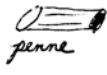


# Recipes

## Curried Butternut Squash Pasta by Tracy Yang, MSII

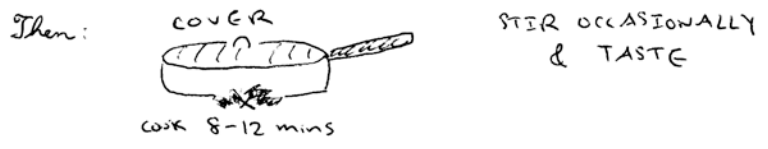
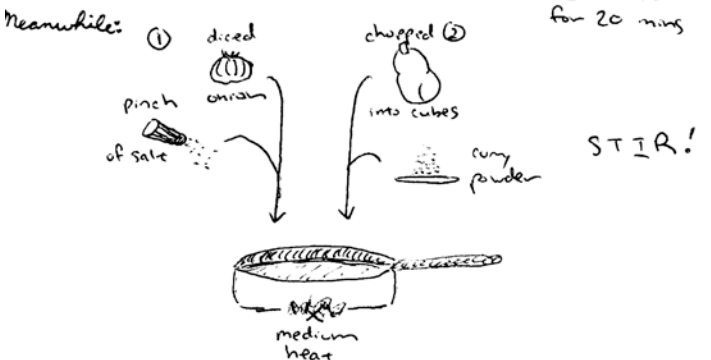
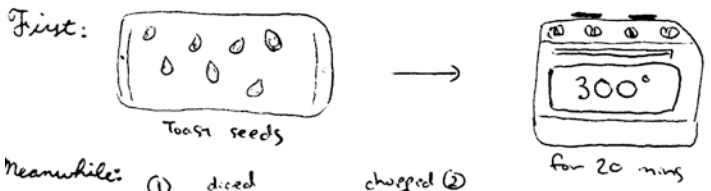
### CURRIED BUTTERNUT SQUASH PASTA

#### INGREDIENTS:

- 1 Tbsp  olive oil
- 1 small , finely diced
- 1 medium peeled  + seeds
- 1/2 tsp  salt
- Curry powder 
- 7oz uncooked pasta - any short shape!
-  farfalle  penne
- freshly ground black pepper
- grated Parmesan cheese

↳ (I usually start with 1/2 tsp and taste as I go!)

#### INSTRUCTIONS



Cook pasta according to package instructions. Drain pasta and add to the pan. Serve and sprinkle with pepper, squash seeds, and cheese.

\* Credit to Chocolate and Zucchini \*

- Tracy Yang

***Photography***

**“Autumn Trio” (Eno River State Park) by Liwei Jiang**





**“Fingers of the Sun” (Beaverdam, Falls Lake) by Liwei Jiang**



**“Soaring” (Highway 50, Falls Lake) by Liwei Jiang**





**“Sunbathing Pine Cone” (William B. Umstead State Park) by Liwei Jiang**

