Congratulations Class of 2018!

Match Day is just the beginning of an adventurous journey ahead. New people, places, and challenges await you. We wish you the best on your journey & hope you remember we’ll be here if you need us.
Volunteering Opportunity

Good Samaritan Hospice of Roanoke is looking for volunteers to serve as “Family Support Volunteers”. These volunteers visit with an assigned patient as requested and offer emotional support, respite care, transportation and other assistance as allowed. Volunteers are asked to commit to a minimum of 2-4 hours per month. Training is required, which Good Samaritan provides. We are able to offer online training or in-house training. Online is at the volunteer’s pace and in-person training involves four 4-hour sessions which happen over the course of a month. Volunteers should be willing to travel within the Roanoke area. Each volunteer will be required to undergo a criminal record and DMV check. In addition to the Family Support Volunteer role, we also have additional volunteer roles that assist with special projects and events.

More information is available online at http://goodsamhospice.com/employment/volunteer/

“I Solemnly Share…”

Depression and anxiety are faced by many people nationally and medical learners including: students, residents, and attending physicians are not immune. Fear of addressing depression and anxiety leads to dangerous realities for those who find themselves in the darkness that seems void of any hope for light.

This reality was eloquently illustrated by Rachael Gutpa, MS, from the University of Michigan Medical School, Ann Arbor in a recent article of JAMA (February 13, 2018 Volume 319, Number 6). In addition to writing this article, a support video was also created to encourage individuals facing depression and anxiety to not only get help, but to know they are not alone.

https://www.youtube.com/watch?v=Xtfsrqp9XH4

Please know, Drs. Slusher, and Knight as well as Emily Holt are here to help if you find yourself facing a personal struggle. There are also help-lines and resources on the Wellness Website if you prefer speaking with someone outside the school.
Wellness Weekly Challenge

5 Best Types of Exercise for your brain and body
Business Insider recently posted an article highlighting exercises recommended by Harvard Medical School professor of medicine, I-Min Lee. Dr. Lee encourages individuals to incorporate five types of exercise into their workout routine.

1. **Swimming** - “the perfect workout”
2. **Tai Chi** - ideal for developing balance
3. **Strength Training** - 7 minute workout
4. **Walking** - 30 minutes a day to reduce depression & prevent memory loss
5. **Kegal Exercises** - uterus, bladder, small intestine, & rectum muscles strength... Very important!

For the full article click here

Open Mic Night

Show off your musical talents and then....

Awaiz Khan, Class of 2020 will take the stage!!

**March 23rd**
**7:00 PM**
3rd Street Coffee House

Email Awaiz if you would like to be one of the opening acts (limited spots).
Parmesan Spinach Cakes

Ingredients:

- 12 oz fresh spinach
- 1/2 cup part-skim ricotta cheese (or low-fat cottage cheese)
- 1/2 cup finely shredded Parmesan cheese
- 2 large eggs, beaten
- Salt and pepper

Directions:

1. Preheat over to 400 degrees.

2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt, and pepper, stir to combine.

3. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).

4. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with a bit more Parmesan if desired.

NOTE:

Buy mature spinach (not baby spinach) as it is better for cooking due to its sturdy texture.

http://www.eatingwell.com/recipe/252946/parmesan-spinach-cakes/
**THE VTC 2018 FITNESS CHALLENGE!!**

**AND THE WINNERS ARE......**

<table>
<thead>
<tr>
<th>Team</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bones &amp; Babies</td>
<td>646</td>
</tr>
<tr>
<td>2. Hustlin Hokies (but #GoHeels)</td>
<td>643</td>
</tr>
<tr>
<td>3. GunningNoRunning</td>
<td>617</td>
</tr>
<tr>
<td>4. Globo Gym</td>
<td>615.5</td>
</tr>
<tr>
<td>5. Swole Girls</td>
<td>477</td>
</tr>
<tr>
<td>6. Spongebob Sweatpants</td>
<td>375</td>
</tr>
<tr>
<td>7. Pumped Up Chicks</td>
<td>367.5</td>
</tr>
<tr>
<td>8. The New Years Resolutioners</td>
<td>335.5</td>
</tr>
<tr>
<td>9. Get Yolked</td>
<td>325</td>
</tr>
<tr>
<td>10. Mighty Morphine Power Rangers</td>
<td>289</td>
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<tr>
<td>11. Mission Slimpossible</td>
<td>262</td>
</tr>
<tr>
<td>12. #SquatGoals</td>
<td>256</td>
</tr>
<tr>
<td>13. Thick &amp; Thin</td>
<td>232</td>
</tr>
<tr>
<td>14. (Chick)en Tikkis</td>
<td>199</td>
</tr>
<tr>
<td>15. Got the Runs</td>
<td>197</td>
</tr>
<tr>
<td>16. Jak’d-STAT</td>
<td>196</td>
</tr>
<tr>
<td>17. Team Quan</td>
<td>183.5</td>
</tr>
<tr>
<td>18. Team of One</td>
<td>74.5</td>
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</tbody>
</table>

**Congratulations Everyone!**

**Thank you for participating in the 1st VTC Fitness Challenge!**

**Back Again Next January!**

**Team Standings as of 3/16/18**
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:

“Success is not final. Failure is not fatal. It is the courage to continue that counts.”
- Winston Churchill

To send a “Weekly Shout Out” message, email Emily Holt at Emholt@carilionclinic.org!

If you would like to contribute to or comment about the wellness weekly, please email Emily Holt, Office of Student Affairs VTCSOM.