Monday Memo – December 5, 2016

Presentations

- At the 21st WONCA World Conference of Family Doctors, held in Rio de Janeiro, November 2-6, 2016, Lucy Candib participated in:


  Electronic poster presentation: Kate Anteyi, Amanda Barnard, Lucy Candib, Barbara Lent, Cheryl Levitt, Zorayda Leopando, and Sarah Strasser, and the WONCA Working Party on Women and Family Medicine: *WONCA’s Gender Equity Standards: 10 Years from Conception to Delivery.*

  Workshop: Kate Anteyi, Amanda Barnard, Lucy Candib, Barbara Lent, Cheryl Levitt, and Sarah Strasser: *How to incorporate the gender equity standards (GES) for scientific meetings into WONCA international and regional conferences.*

  Symposium presentation: Lucy M. Candib: *Rethinking Women’s Sexual Problems.*

Lucy was reappointed to the Executive Committee of the WONCA Working Party on Women and Family Medicine (WWPWFM). In addition, she has been designated the official representative from the WWPWFM to the WONCA Organizational Equity Committee, a standing committee of the WONCA World Council.
**Policy**

- Michael Chin presented testimony on November 28th at the public hearing in Boston, MA for the proposed regulation, 101 CMR 20.00, which is a new state regulation that would establish key details regarding the 2012 state law that requires providers in the Commonwealth to connect to the Mass HIway, which is the state-wide, state-sponsored health information exchange (HIE).

**Medical Student Education**

- Jay Broadhurst and Ken Peterson shared their passion, success and challenges in advocacy as family medicine clinicians in the 4th session of the new Primary Care Principals Optional Enrichment Elective on Thursday, Dec. 1st.

**Media**

- Steve Martin was quoted in the linked Houston Chronicle article:

  New kind of 'house call' comes to the Woodlands  
  Houston Chronicle, December 2, 2016  
WELLNESS MOMENTS

Movement in the Workplace

The Lunchtime Mile

1. Bring your walking shoes to work. The more colorful they are, the faster they make you go. Proven fact.

2. Map a one-mile loop near or around your workplace. Use an app such as Map my Run or Run Keeper, or a website such as Google Maps or AA Routeplanner, or a good old-fashioned road map to help you. This can be a full mile-long loop, or a shorter distance that can be repeated to make up a mile. Or simply walk out your office door and keep walking. Turn around after half a mile. Then it's another half a mile back!!! If you're very modern, you can measure in kilometres.

3. Select one day per week to complete the lunchtime mile. In the beginning, you might like to start with a shorter distance and build up to a mile over time.

4. You can walk, run, jog, hop, skip, dance or crawl. Just keep moving.

5. Bring a colleague with you!

6. Maybe you'd like to do the lunchtime mile more than once a week?

7. Put a copy of the lunchtime mile map up in the staffroom (if you work at home, put it up in the kitchen!) Have a friendly competition with your colleagues (or family) - who can clock up the most miles in a month?

8. Smile and enjoy the wind in your hair (and the rain in your eyes - it's good for your complexion). If you don't have any hair - smile anyway!

Borrowed from: http://www.pdst.ie/sites/default/files/The%20Lunchtime%20Mile_0.pdf