Monday Memo –June 5, 2017

Publications


- Glen Pransky is a co-author of “Regional socioeconomic disparities in outcomes for workers with low back pain in the United States”, in the American Journal of Industrial Medicine, 2017, May:60(5) 472-483.

Professional Service

Joe Gravel was elected by the American Board of Family Medicine (ABFM) at its spring board meeting in April as Member-at-Large, Executive Committee. Dr. Gravel is the Chief Medical Officer and the Chair of Family Medicine & Community Health at the Greater Lawrence Family Health Center. He served as a residency program director for 20 years. He is a Past President of the Association of Family Medicine Residency Directors, the Massachusetts Academy of Family Physicians, and the Family Medicine Education Consortium. He also currently serves as Chair of the Academic Family Medicine Advocacy Committee and on the Society of Teachers of Family Medicine's Board of Directors. Dr. Gravel is a Professor of Family Medicine & Community Health in our Department.

Grants and Contracts

Tasmina Hydery (Clinical Consultant Pharmacist in Commonwealth Medicine and Assistant Professor in our Department), Sara Shields and Cathy Violette received the Remillard Community Service award for $18,500 to pursue their project entitled “Worcester, a Baby Box City: Interdisciplinary Lessons in Community Engagement.”
WELLNESS MOMENTS FOR THE MONDAY MEMO

Spirituality Week 3

How are YOU today? Worn out? Energized? Hopeful? Fearful? Anxious? Grateful? Take a few seconds to connect to your inner experience. Checking in with yourself frequently throughout the day allows you to be more aware of the underlying reasons for your reactions and the tension in your body. The person next to you is also having an inner experience. Acknowledging your own experience will help you connect to people around you, as you recognize that the things you are going through (good and bad) are part of a common human story.

*Find one way to connect with another person today.*