Monday Memo –August 14, 2017

Presentations

- Sara Shields was on the program committee and served as national faculty for the AAFP’s Family Centered Maternity Care Course in Denver, CO from July 19-22. She was lead presenter on two lectures (Domestic Violence in Pregnancy and Induction of Labor) and three workshops (Group Prenatal Care, The Clinician’s Role in Breastfeeding-Basics, and The Clinician’s Role in Breastfeeding-Advanced), and was a co-presenter for one lecture (Medical Complications in Pregnancy—Liver Disease) and two workshops (Non Pharmacologic Management of Labor and Get LARC!). She was also the moderator for the final morning of lectures on July 22. The course has sold out for the last 3 times and thus will be presented on an annual basis—save the date now for Minneapolis, July 25-28, 2018.

- Steve Martin was a participant in the American Board of Internal Medicine Foundation Forum, Bridging Gaps to Better Health. The Forum focused on how traditional health care delivery organizations can improve health and health care through services provided outside of their physical walls, through or in partnership with community based organizations.

- Hugh Silk presented a webinar for the Maine Quality Counts organization on "Addressing Oral Health in Pediatric Care – Good, Better, Best" which was broadcast nationally on August 8.

Publications

- Daria Szkwarko (Preventive Medicine graduate) is the first author of an article in PLOS ONE entitled “Child contact management in high tuberculosis burden countries: A mixed-methods systematic review”. [https://doi.org/10.1371/journal.pone.0182185](https://doi.org/10.1371/journal.pone.0182185). August 1, 2017


• Len Levin is a co-author of “Language deprivation syndrome: a possible neurodevelopmental disorder with sociocultural origins”, in Social Psychiatry and Psychiatric Epidemiology (2017) 52:761-776

• Sarah Roderick is first author of “Integrated Behavioral Health Practice Facilitation in Patient Centered Medical Homes: A Promising Application”, Family Systems and Health, 2017, Vol 35, No. 2, 227-237. Sarah was a recent graduate of UMMS and in the Senior Scholars Program.

WELLNESS MOMENTS FOR THE MONDAY MEMO

Resilience Week 4

Building Resilience Week 4: Actively Mapping Goals & Taking Decisive Actions

Develop S.M.A.R.T goals that are specific, measurable, attainable, relevant, and timely. Do something regularly—even if it seems like a small accomplishment—that enables you to move towards your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “what is
one thing I know I can accomplish today that helps me move in the direction I want to go?” Additionally, rather than dwelling on all the challenges and stresses in your path—wishing they would go away—take decisive actions in the positive direction.

**Building Resilience Exercise for Week 4:**

Creating a vision board is another way to visualize a goal (this can be a literal piece of paper or a collection of electronic images). Use images from your own magazines, newspapers, brochures or circulars (or the internet) and pin/glue them to a board creating a specific story of your goal. If your goal is to take a vacation, find images of the location, the airplane, food to eat, places to stay, etc. and post them on your board so you can see your vision.