**Monday Memo – December 10, 2018**

**Book Club:** The Wellness Committee hosted the first Departmental Book Club last week with great success! It was a meaningful opportunity to connect with colleagues about a great read, compelling topic, and to share personal reflections and good food.

For those eager to start reading the next selection, it is *Educated* by Tara Westover, a story about a young woman raised in the mountains of Idaho by survivalist parents who did not believe in formal education or medical care. Tara taught herself and matriculated to BYU and eventually to Harvard and to Cambridge University. *Educated* was selected as one of the ten best books of the year in 2018 by both Times and Publisher’s Weekly.

We hope you will read and join us in early 2019 for the next meeting of the Book Club (the date will be communicated shortly).

**Presentations:** Speakers at the Dec 6-9 Prime Med conference in Boston included:
- Ron Adler: *Updates on Screening from the USPSTF*
- Robert Baldor: *Autism: Screening, Diagnosis, and Resources*
- Frank Domino: *Medical Literature Updates*
- Alan Ehrlich: *Medical Marijuana; Weeding Fiction from Fact*
- Paula Gardiner, *Medical Group Visits*
- Dave Gilchrist: *Weaning off Opioids*
- Jill Grimes, *Treating Obesity and the Skinny on Gluten Free*
- Christina Runyan: *PTSD Presentation and Treatment*
- Herb Stevenson: *Concussion Update 2018*

As the Primary Care Principles Optional Enrichment Elective continues, thanks to Ron Adler and Jen Reidy, and to Jen’s colleague Pamela Lane, NP, for presenting on *Team Based Care* on Dec. 4th. Fourteen students attended and the questions continued after the session was scheduled to attend.

**Publications**

- Jennifer Jo Averill Moffitt recently published a book chapter: *Only Now, Just This: Mindfulness in the First Six Weeks Postpartum*” in Ginger Breedlove’s book *Nobody Told Me About That – The First Six Weeks*
• Sandy Blount recently published a book chapter: *It takes a team* In S. Gold and L. Green (Eds.), *Integrated Behavioral Health in Primary Care: Your Patients Are Waiting*. Springer, NY.

**Recognition**

Hugh Silk has joined an international team of oral health experts lead by Boston's Forsyth Institute working to establish a pediatric dental clinic system in China that would take babies and families from pre-term to 18 years. It’s meant to be a comprehensive oral/craniofacial management system, coordinating dental and orthodontic care in collaboration with OBGYNs, ENTs and pediatric providers.