Thursday Memo – November 1, 2018

This past Friday we had a great session at the Department Retreat on the topic of:  *What makes you come alive?*
Many of us wrote 55 word stories, haiku, poems; some took photos and painted. Below are a few examples from participants. Attached are a few photos of faculty in action and 1 example of a great painting of a fall scene done in 15 minutes by Jill Tirabassi. The point of all of this - we all can take a little time to reflect through various mediums about what we love about practicing medicine.

**Retreat Writing and Painting**

**Haikus**

They ask for advice
Trusting that I know what's best
If only I knew

Contrasting between
Yellowed eyes and jaundiced skin
Her wonderful smile

- Erik Garcia

The meeting today
Reminds me of why I chose
to be an M.D.

- Maria Michas

Teaching role model
Patients always the focus
Outcomes are a hug

Show my emotions
Be human with patients connect
Satisfaction complete
Stress craziness ugh
Learn to breathe and take the time
Does not always work

- Phil Fournier

55 word story:

Being Alive

What makes me come alive?
Reading the brilliant writing of our learners and colleagues gives me sincere pleasure.
So does sharing the reflections with others.
Writing reflectively is a close second. Gives purpose and motivation to my clinical work.
Finally - reading, listening, watching, observing all things humanities inspires and teaches me so much about a world outside, outside myself.

- Hugh Silk