May is Asian American and Pacific Islander Heritage Month

Asian American Pacific Islander Heritage Month is a commemoration of the culture, traditions and history of Asian American and Pacific Islander people in the United States. In 1992 the month of May was permanently designated as Asian Pacific American Heritage Month. During national Asian/Pacific American Heritage Month, take a moment to learn about the contributions from Asians and Pacific Islanders in industries such as science, medicine, the arts and many others. Review a [heritage guide](https://www-hopkinsmedicine-jh-edu/human-resources/affairs/asiapac-heritage-month) from Johns Hopkins and join in [events](https://www-hopkinsmedicine-jh-edu/human-resources/affairs/ Asiapac-heritage-month).

Your Well-Being Article of the Week: “The Other Side of Languishing is Flourishing”

Research shows that the pandemic took a toll on our overall well-being and left many of us drained. Here are seven simple steps to get you thriving again.


Wellness Wednesday this week at JHH -5/12/21

**PLEASE REMEMBER TO SOCIAL DISTANCE**

JHH: 12:00 PM – 2:00 PM in the JHH Resident Lounge, Halsted 110
Snacks, fruit and water will be provided.
We will also have Hand Sanitizer, P3’s, Face Shields, and Cloth Masks.

**Podcast of the week: Questions To Ask Yourself Before Going Maskless**

There are lots of things to consider if you're planning on shedding your mask. In this episode, NPR science editor Maria Godoy joins us to walk through the CDC recommendations and the research to back them up.

LISTEN HERE

**REPLACE YOUR MASK**

Our PPE supplies are such that you may now replace your N95 daily if you so desire. New masks can be obtained from the unit nursing stations or from your departmental administration office.

**Use Fresh Mask Each Day**

- Replace your procedure mask each day
- Replace your N95 each day
  - Keep using the brand that you are currently fit-tested for
- Store in paper bag when not used
- Hand hygiene before and after touching your mask


**UPCOMING EVENTS**


The Equal Access in Science and Medicine seminar committee, Johns Hopkins Biomedical Scholars Association, and SNMA MAPS at JHU are pleased to welcome Phillip J. Roundtree to present their May lecture. Phillip is a scholar-activist who focuses on promoting wellness awareness in marginalized and underrepresented communities. He was recognized as a 2018 Black Enterprise magazine “Be Modern Man” honoree and is known for his Tedx Talk, "Black Mental Health Matters." His transparency about his own journey with depression and anxiety gives a face, voice, and hope to those who have yet to recognize their own strength.

The Equal Access in Science and Medicine lecture series was established to feature the perspectives of scientists and clinicians with mental health conditions, disabilities, and chronic illnesses. The lecture will be followed by Q&A. Live captioning (CART) will be provided. For other disability-related accommodations, please contact <email address>.

**Tuesday, May 25th, 2:00 – 3:00 PM**
The Peer Collective Book Club
TPC Book Club will be hosting another book discussion on May 26th at 6 pm Via Zoom. In honor of Asian American and Pacific Islander Heritage Month, our pick for this session is "Interior Chinatown" by Charles Yu. The novel explores the story of an Asian-American actor struggling against clichéd roles and stereotypes, both at work and in his real life. It is described as a deeply personal novel about race, pop culture, immigration, assimilation, and escaping the roles we are forced to play. Those who join will have a chance to get reimbursed for their book purchase!
Purchase a copy of the book using this link: https://www.greedyreads.com/?searchtype=keyword&qs=Interior+Chinatown&qs_file=&q=h.tviewer&using sb=status&qs=keyword.

Wednesday, May 26th, 6:00 PM
Please RSVP in advance for this meeting using this link: ____________________________  

AFTERWARDS – Mary Oliver, Poetry of Presence – May 18 12:00 PM
You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body  
love what it loves.  
--from "Wild Geese," by Mary Oliver

We will discuss award-winning poet Mary Oliver and explore uses for poetry in the clinical setting. Already an Oliver fan? Have you used poetry in your clinical practice? Please bring your favorite poems and stories to share.

to RSVP and for a zoom link, please contact <email address>

Reminder: Cooley Fitness Resources
Denton A. Cooley Fitness Center: Now open under COVID Phase I guidelines. Reservations are required through the Elevation Portal for up to 1-hour time-slots per day. No membership is required currently. Paperless memberships will be added later.

Cooley Center YouTube channel: Visit to access on-demand classes.

Concerns about your training? Here are resources available to you

List of Resources for Reporting Mistreatment are Available on this site: http://mistreatment-reporting.med.jhmi.edu/

Office of Institutional Equity (OIE) for Johns Hopkins University  
You may speak directly with OIE. To get in touch with OIE and/or to schedule a meeting, please call 410-516-8075 or email OIE at oie@jhu.edu or titleixcoordinator@jhu.edu.

GME Trainee Advisory Office  
The contact email is GMEAdvisoryOffice@jhmi.edu  
The Johns Hopkins Office of Graduate Medical Education serves the needs of resident physicians and clinical fellows in the Johns Hopkins University School of Medicine. The Trainee Advisory Office, an arm of the Graduate Medical Education office, is available for residents and clinical fellows to consult with regarding concerns related to their training. These might include, but are not limited to:

· Concerns related to the training program that trainees do not feel have been
adequately addressed
· Issues that trainees do not feel comfortable raising with the faculty
· Conflicts that have arisen amongst trainees

Please note that trainees may choose to keep these conversations informal and private unless the information shared reveals possible sexual misconduct, discrimination, harassment and/or related retaliation, which we are required to report to the Office of Institutional Equity (OIE).

Please contact the GME Advisory Office at GMEAdvisoryOffice@jhmi.edu to arrange a time to speak with Dr. Laura Hanyok, Assistant Dean for Graduate Medical Education, who serves as GME Advisor. She can provide advice and guidance.

Reminder: Know your health resource contacts

Need help getting your medical appointments scheduled?
The House Staff Council and JH Medical Affairs has assembled a list of departmental contacts of individuals who can assist residents and fellows in getting expedited healthcare appointments for themselves.
The chart is posted on the Wellness at Johns Hopkins website: http://wellness.som.jhu.edu/dl/Resident%20Appointment%20Scheduling.pdf
This is a resource exclusively for you as residents and fellows to utilize when you need care for yourself.

Mental health services are available to you an important benefit for you to use, when needed, to support your well-being. Important numbers to know:

Are you or a colleague in crisis? Help is available 24 hours a day, 7 days a week
Call emergency number for Mental Health at University Health Services
   Phone: --- --- ---
After hours press “0” and ask to speak to the University Health Services Mental Health psychiatrist on call.

Need to debrief about a patient event? Call RISE (Resilience in Stressful Events)
Unburden your frustrations to another provider. It’s like calling your best friend, if you best friend understood all that jargon you use.
   Pager: --- --- ----    CORUS: RISE team

Need to meet with a mental health clinician? You have two options:
   MySupport (formerly FASAP) [a benefit of being an employee here]
Talk to a clinician about yourself or a colleague. In person or televideo. Available for your immediate family too. MySupport also has information about Daily Life Assistance (child care, house cleaning options, etc)
   Phone: --- --- ----

   University Mental Health Services [a benefit of being a trainee here]
Talk to a clinician at University Health Services.
   Phone: --- --- ----
National free crisis resource: National Suicide Prevention Lifeline
Phone: 1-800-273-8255
Live chat here

Not sure who to call? Dr. Jessica Bienstock, Associate Dean for Graduate Medical Education, will help you 24/7.
You can reach her on her cell --- --- ----

Check our more at our website: https://www.hopkinsmedicine.org/som/gme/wellness/

The Resident and Fellow Wellness Initiative
Wellness matters.
Johns Hopkins University
Graduate Medical Education Office

Jessica Bienstock, MD, MPH
Associate Dean for GME & DIO

Please contact us (<contact email>) with any suggestions or concerns. Thanks!