

Hello July-



July is the month of welcomes-

Welcome back to our new second years and welcome aboard to our new first years who arrive on July 25th- Get ready- the therapy dogs are making a second appearance at the welcome Barbeque on July 29<sup>th</sup> at 1.



This month, I would like us to think of the role of the **Arts and Medicine**. We have two exciting art events happening on campus this month. Thanks to Dr. Faith Fitzgerald, on July 8<sup>th</sup> at 6 pm- we have the renowned artist Wayne Theibaud coming to the Medical Education building. I highly recommend you attend to hear his discussion about the history of art.





This month will also mark the relaunch of the UC Davis School of Medicine student Arts Magazine **In Vivo**- The magazine contains a wonderful selection of student pieces- prose, poetry, photography and graphic arts. Medical student Yuki Ito, the editor of the magazine, said it well when discussing the role of arts in medicine:

**“In this second edition, we encourage readers to appreciate the various works of art and prose represented by different members of the medical community. My personal belief is that being or becoming a healthcare provider is a noble and self-less goal but with the burden on our wellness. However, what exactly is the meaning of our work? One answer that I may offer is that meaning lies within appreciating the humanities because it touches on the value of the human condition.”**

keep an eye for more wellness and the arts events this fall led by our narrative medicine sig as well as more art therapy nights.

Creating and experiencing art can be therapeutic and create emotional balance, but it can also improve patient experience and clinical observation. Immersing yourself in a creative endeavor can also be a wonderful mindfulness exercise as you become completely focused on what you are creating and are immersed in the moment. I highly recommend adult Mindfulness coloring books as a great tool.



<https://www.amazon.com/Mindfulness-Colouring-Book-Anti-Stress-Therapy/dp/0752265628>

As this article discuss, “art can shock us into the present moment.”

<http://www.themindfulword.org/2012/art-mindfulness-present-moment/>

This article discusses how art appreciation can help medical students develop their observational skills.

<https://www.aamc.org/newsroom/reporter/may2014/380438/humanities.html>

There is also amazing data that shows that art interventions improve health outcomes for patients.

Mindful music listening and appreciation would be a wonderful wellness technique:

[http://www.huffingtonpost.com/patrick-groneman/mindfulness-practice\\_b\\_3894331.html](http://www.huffingtonpost.com/patrick-groneman/mindfulness-practice_b_3894331.html)

<http://www.the-guided-meditation-site.com/mindful-listening.html>

**And now to nutrition:**



As always, I am sending you to our own Department of Integrative Medicine-

This month they are all about beans!!! Check out why we should all be eating beans-

<http://ucdintegrativemedicine.com/2016/07/eat-your-beans/#gs.NVlyki8>

**Finally here are some wellness opportunities on our campus:**

#### **Mother-to-Mother Group**

**Friday, July 8, 2016**

Time: 11:30am - 12:30 pm

Location: Main Hospital, Tower-DCR 1655 (across from the Rhino Café by the red brick walls)-Meet other moms, encourage and learn from each other, and get help resolving breastfeeding difficulties.

**Future Dates: 9/9, 10/14 (same place and time)**

#### **Meditation**

**Monday, July 18th, 2016**

Instructor: Brenda (Astará) Gustin, Ph.D., CMT, RYI Time: 12:00-1:00 pm

Location: Glassrock Building, Room 7106 Future Dates: 8/22, 9/19, 10/17, 11/21, & 12/19

#### **Reiki-**

*Monday, July 11, 2016*

*Time: 12:00-2:00 pm*

*Location: Main Hospital, Lower Basement, ASCU-G344* **Reiki is considered "energy work," as opposed to massage, which is "body work." It helps the recipient increase his/her natural energy to enhance relaxation, and promote the healing process. Reiki has been used in the UCD Children's Hospital for the past 16 years to help children and their family members deal with pain, reduce stress, and increase their ability to cope with illness/injury and the rigors of hospitalization.**

#### **Nutrition Workshop**

"Healthy Bodies are Built in the Kitchen"

**Wednesday, July 27, 2016**

Instructor: Evelyn Miller, MAS, RD, IBCLC

Time: 12 - 1 pm

Location: Cancer Center Auditorium 1100

Don't forget the Living Fit Forever classes here at UCDCMC

[http://intranet.ucdmc.ucdavis.edu/clinops/resources/living\\_fit\\_forever.shtml](http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

And check out this link for events on the Davis campus as well as around the Sacramento area.

<http://us3.campaign-archive2.com/?u=5d81bdcc1538ca0cf6d63708c&id=57f57494d0&e=>

Wishing you a well July,

Maggie Rea

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