

THE OWL POST DISPATCH

Official Newsletter of the TUHS Practitioner Wellness Committee



Wellness Resources Reminder



The holidays can be tough on folks. Check in on your colleagues in the coming weeks, especially anyone who seems especially stressed or is acting out of character.

*Resources linked below for:
[Faculty and APPs](#)
[Residents](#)*

MEDICAL STAFF SPOTLIGHT

Get to know your fellow Owls.



Who: Maria Elena Vega Sanchez, MD
Associate Professor of Medicine

Interim Program Director, Pulmonary and Critical Care Fellowship

Where: Department of Thoracic Medicine and Surgery

When: I've been at Temple since 2005 - started as an intern in the IM department)

Why: Temple is a great place to train and build your career. Temple serves a diverse patient population and provides high quality and accessible care to our underserved population. I feel like my job is meaningful, not only because of the service we provide to the community but also because we are training the next generation of physicians. The collegiality and dedication of those who work here has always inspired me.

Recent proud moment: I ran the Broad Street Run in November 2021 (as I have for the last several years) and after working several night calls in a row, that following morning I ran the race and beat my personal record time.

Owl I admire: My good friend and colleague Sam Krachman for his positive attitude, humor, and brilliant mind. He is one of the many reasons why I wanted to stay at Temple after training.

Little known fact: I speak 3 languages and English was the 3rd language I learned.

Favorite thing about Temple: The Pulmonary/Critical Care and Sleep fellows, residents and students I have worked with over the years. Interacting with our trainees is what I enjoy the most about my job.

WELLNESS CONSULT SERVICE

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Any ideas for alternative New Years resolutions for 2022?

- Go a whole day without checking email
- Read a book a month
- Stop gossiping
- Turn off my phone 1 night a week
- Travel on a small budget
- Write down one thing i'm thankful for every night
- Call more people instead of texting
- Take that epic efficiency session or try out Dragon dictation
- Clean out the car
- Convince somebody to get vaccinated
- Make a dentist (or other important) appointment
- Travel someplace and don't post about it on social media
- Adopt a new plant and try to keep it alive
- Donate clothes
- Pay off my credit card monthly
- Buy less plastic
- Shop at local businesses instead of amazon priming everything

What is your favorite holiday activity in the local area?

- Luminature light show at the Philadelphia Zoo is great this year
- Ice skating at Dilworth Park or the River Rink
- Longwood Gardens has gorgeous winter displays - inside and out
- I'm looking forward to the Jan 3rd vaccination mandate for indoor dining - it will make me feel safer to go back to some of my favorite spots
- Peddlers Village is a cute nearby spot for shopping
- If you haven't seen them, the lights in South Philly known as "Miracle on 13th St" are legendary
- If you donate a toy or book to Eastern State Penitentiary's holiday toy drive you get a free voucher for a daytime tour!
- I love the holiday Pop Up Bars like Tinsel, Craftsman row Saloon and Uptown Beer Garden



Wellness Journal Club

Time Affluence as a Path Toward Personal Happiness and Ethical Business Practice

Journal of Business Ethics, 2009.

Read time: 15 minutes

Quick summary:

Time affluence is the sense that one regularly has ample time available. In findings that spanned four scientific studies, they found that, even after controlling for material wealth as a possible factor, the individual's sense of time affluence was linked to greater happiness. Intriguingly, people who reported close relationships generally experienced greater time affluence than others. Based on such findings, the researchers concluded that having a sense of time affluence is beneficial for our mental health, physical health, and relationships with family members and friends.

Practical ways to increase your sense of time affluence:

- Map your life: track time spent on various activities in a given week or month
- Make a list of your most valued activities and cross check at regular intervals
- Increase active leisure and monitor passive (social media, TV)
- Fund time: pay to outsource tasks you dislike
- Beware busyness as a status symbol
- Recognize and fight urgency on non-urgent tasks (email, meetings etc)

[Read more here!](#)



**Owl Ribbon Awards
Congratulations to this
month's winner**

**Parth Rali, MD
Thoracic Medicine &
Surgery**

Scan below to nominate a Temple attending, resident or advanced practice provider that you know for an Owl Ribbon to recognize excellence in teamwork, professionalism or patient care.



November/December 2021



***New Column* Financial Wellbeing Pearls**

Topic: Feeling Secure with Securities

Regardless of our background, financial wellness plays a large part in our overall sense of wellness. Finding a place to begin can seem overwhelming. In this multi-series column, we will cover some personal finance basics for practitioners like us. For more specifics, you can access the full American College of Physicians' webinar [here](#).

Budgeting: a budget provides an important way to track your monthly expenses and visualize your financial health. Common expenses to capture include housing/rent, transportation, loan payments, utilities, food, insurance, and contributions to an emergency expense fund. When budgeting it is also important to include an "others/miscellaneous" category of expenses to account for those one-time purchases, subscription services and monthly memberships. Some useful budgeting tools include Mint, Quicken or even an Excel spreadsheet.

Emergency Fund: Saving for an emergency fund may have previously seemed unnecessary, especially for those of us that have debt. However, the pandemic has demonstrated that unforeseeable costs can arise and last longer than expected such as childcare or longer-term medical needs. An emergency fund should be liquid, meaning it should be readily accessible (think savings account). Most financial experts recommend saving at least three to six months' worth of monthly expenses although others recommend putting aside more. Deciding how much to contribute to this account will depend on your individual circumstances (eg: dependents, property issues), but 10-20% of your monthly paycheck is a good place to start. Direct deposits from your salary to this account help build consistency. An important consideration will be to define "emergency." Whether this is a sudden home repair, car repair, medical expense or loss of income, use these funds when needed. Another important consideration is to be aware of the flow of money in your fund to avoid potential overdraft fees. (consumerfinance.gov)

Up next!

In the next edition, we will discuss loans and retirement planning

PARTING WELLNESS WISDOM

*"Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in."*

-Leonard Cohen