

MISSION IN MOTION

Physician Well-Being Quarterly Newsletter

vol. 1

Winter 2023



2023 Clinician Wellness Photo Contest Calendar

**Carissa Frank, AdventHealth
Hendersonville**

The Clinician Wellness Photo Contest was inspired by our chair, Jeffrey Coston, DO, through his personal passion for photography. The Clinician Wellness Committee created this as an opportunity for AdventHealth medical staff physicians and advanced practice providers to participate in a creative outlet to provide joy for others and to encourage clinicians to take care of their own well-being.

Photo submission categories included North Carolina, hospital, travel, pet, macro, and best smart phone photo. Each photo has either a scripture or poem that one of our providers, Kelly Thompson, CNM, wrote. Local community photographer judges selected the winners for each category and were compiled in this 2023 calendar that we gifted each of our medical providers at Christmas and is now on sale in our hospital gift shop.

All proceeds from the calendar sales will go towards our AdventHealth Mission Fund to help clinicians and team members participate in international, domestic, and local mission opportunities.



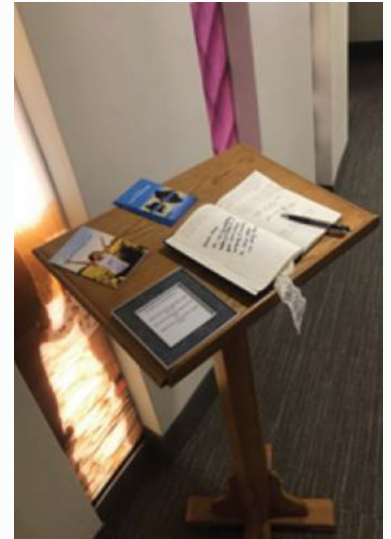
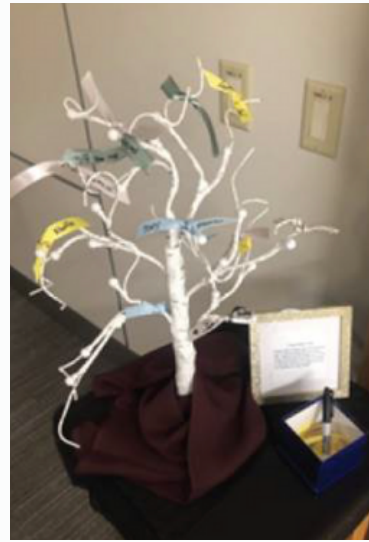
AdventHealth Ocala Prayer Tree

Mike Griggs, *AdventHealth Ocala*

At AdventHealth Ocala, we want our chapel to be a place of healing where people can have a quiet moment to catch their breath and pause for a moment of reflection or prayer in a calming environment. To the right are two of our ongoing spiritual care initiatives.

In our chapel we have a **prayer tree** where patients, families and team members are invited to write a prayer and/or intention on a ribbon and tie it onto the tree. When the tree is full of ribbons they are removed and then prayed for.

There is also a **prayer book** where messages and prayers can be written out, reflection prompts, and spiritually focused booklets that can be taken home.



Upcoming Events

AdventHealth Physician Well-Being and Clinical Mission Integration Annual Training

February 7-9, 2023 • AdventHealth Corporate

AdventHealth Physician and Advanced Practice Provider Well-Being Leadership

Contact Jacob Metts at Jacob.Metts@AdventHealth.com to learn more.

The Intentional Well-Being Retreat

April 28-30, 2023 • Clearwater Beach, Florida

AdventHealth West Florida, Central Florida, and Mid-America Regions

Contact Leila Durr at Leila.Durr@AdventHealth.com to learn more.

2023 Joy & Wholeness Summit

July 10-12, 2023 • Park City, Utah

Coalition for Physician Well-Being

Contact Marjorie Tatlonghari at info@forphysician.org to learn more.

Finding Meaning in Medicine

Ongoing • Regional

AdventHealth Physician and Advanced Practice Provider Well-Being

Contact your PWB/CMI specialist, manager, or regional director to learn more about upcoming meetings.

David de Ramos, DO, Nominated for the Christian Service Award

Heather Hoffman, AdventHealth Great Lakes Region

"Humble, down to earth and approachable, Dr. de Ramos does not see any of his contributions or achievements as extraordinary. He looks at it as what God put him here to do and what we are called to do as Christians. He is just committed to Christian values and extending the healing ministry of Jesus. That is exactly what he is living in his career as well as his personal life.

His commitment to AdventHealth's mission, values and service standards was on full display amid the COVID-19 crisis in the Chicago area this year. With the pandemic significantly reducing patient visits to his family medicine practice within the AMITA Health Medical Group (AHMG), he volunteered to cover for AHMG physicians who had to quarantine themselves because of possible exposure to the novel coronavirus, which causes COVID-19.

He also volunteered to work at a respiratory center created by AMITA Health to evaluate and treat moderately ill patients with COVID-19. He was one of the first to raise his hand and say, "Send me!" Again, he doesn't think anything of it -- like this is just what he was put here to do."

Read the full article here.



Visit Our Website!

The AdventHealth Physician and Advanced Practice Provider Well-Being website provides a wealth of resources including support hotlines, educational opportunities, and more to help you live a whole provider life. Scan the QR code to learn more.



A Message from Tim Cook

Chief Mission Integration Officer | Senior Vice President

Hello Team...

2023...we are now full into it. This new year brings with it much opportunity for us to touch and nurture people who are hurting, sick and discouraged. Some of those come in the forms of patients and some of those come in the form of team! As the new year has begun, I have found my mind wandering back to a very familiar passage in **Psalms 51:10-12**. This passage is a plea to God to renew me and restore in me the joy of His purpose. It is amazing to me that God calls wounded and broken people to care for wounded and broken people, but we can not do it on our own. God's uncommon compassion and grace must invade our hearts and then flow out of us to those around us. So as we kick off this new year, I invite you to pray this prayer psalm with me:

Create in me a clean heart O God and renew a right spirit within me! Please remain present to me and embrace me with your Holy Spirit. Restore in me the Joy that comes from Your Grace and energize me with an open and willing spirit!

And all the team said.... AMEN!!!!

Ever Upward!

Tim