



The Check-Up

Pritzker's Wellness Newsletter

February 2020

A Message From Wellness

Hello Pritzker Family,

Welcome to *The Check Up*! We have a great ~winter~ edition for you this time, so ignore the concerningly warm weather and enjoy!

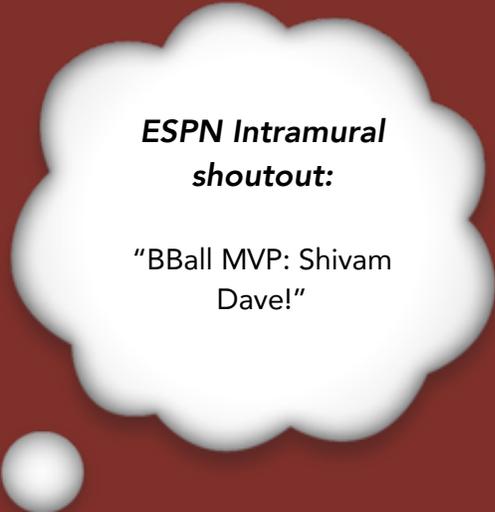
Keep reading to get your dating and life advice from the inaugural "Dear Licky," feed your appetite with our time-saving veggie-full food section, and learn about our Pritzker babies and reptiles.

As always, feel free to reach out to your wellness representatives with any ideas or concerns, and remember to keep filling out those wellness grants!

Love,
The Wellness Committee

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**ESPN Intramural
shoutout:**

"BBall MVP: Shivam
Dave!"

Wellness Spotlight: Cori Walker (MS4)

I don't know how else to describe life with two toddlers besides a bit exhausting and SO FUN. Hendrix and Murphy are now 17 months old, which means they are extremely mobile and extremely opinionated. They are doing their part to keep mom and dad well by sleeping 12+ hours every night, but when they are awake... these kids are non-stop! They love to run, jump, dance, spin, and climb on alllll of the furniture. Their most recent feat was climbing up onto the actual windowsill... we live on the 9th floor so mom and dad weren't having that one.

Whenever I have a day off from medical student duties, one of my favorite things to do with the twins on these cold winter days is take them to the Hyde Park Neighborhood Club (HPNC). They have a daily "Tot Lot" with tons of indoor play equipment and the twins get to hang out with some of the other toddlers of Hyde Park. At the club, Hendrix and Murphy are infamous for 1) trying to escape from the gym to go explore on their own and 2) trying to steal all of the other kids' snacks, even if they have the exact same ones (these kids LOVE to eat, and their newest favorite is smoothies [that mom secretly loads with kale], see Fig. 2). I always wear tennis shoes and workout clothes to HPNC because I know I will work up a sweat from chasing down these two in opposite directions!



Cori and her tots under the Christmas tree



Murphy and Hendrix enjoying their smoothies

kiss goodnight. That is my absolute favorite!

Not only do these crazy toddlers (and my husband) keep me well outside of the hospital, but they make me a better person when I am away from them too. I find myself more focused and efficient when I am working on campus, whether that be doing research or working with patients on rotations. I feel like I

One of the best parts about their current age is seeing the bond they are forming together. When they were younger, they mainly ignored each other and did their own thing. Now, they are constantly messing with each other, for better or worse. Half of the time, this means fighting over the same toy and screaming when their sibling rips it from their arms... But the other half of the time, this means chasing each other around, playing peek-a-boo with blankets, and literally tackling each other to the ground and laughing about it. It is so sweet to see the way they just know they are each other's person. Hendrix doesn't agree to give kisses to mom or dad often, but every night before bed, he leans over and gives his sister a



The twins playin' around

can truly empathize with patients that are parents or parents of patients. I know having children is expensive and sometimes stressful. I know firsthand what it's like to lose your childcare last minute and have to cancel an appointment. I feel how deeply a parent loves their child and that sometimes what we may think is clearly best for the child may not always be so straightforward from a parent's perspective.

Soon I will be a mother of twins and a surgical resident, both extremely demanding jobs and both ones that I absolutely love. I have no doubt that Hendrix and Murphy will be proud of their mama and will make me a better doctor for my future patients.

P.S. If anyone ever wants to meet the twins, just let me know! They are so fun and love making new friends!

Dear Licky

N. McKenzie (MS1) and L. Lerrer (MS2)

How can I be SURE I am living the Good Life™ ??

Dear Good Life,

Before the start of medical school, I, Lilly, spent a few years working with dying people in hospice care. I, Nick, went drinking more often than I care to admit. We took the time to derive some key learnings from these combined experiences:

1. People in their 100's went to school before cars were invented!!!
2. Karaoke is very fun
3. Dating is full of drama in your 20s AND 80s
4. Lube changes lives

Lilly: I made it a habit to ask patients their secrets for happiness in life and love. I heard a lot about people's dating lives: the PETTY, the ROMANTIC, the LUBE.

Nick: I made a habit to wait until the fourth date or so ask questions about life goals to guys—only to be (usually) disappointed. So ask those questions sooner rather than later? Or just have low expectations? But include lube from the get-go for sure!

Lilly: In talking to people about their lives as they were dying, I never heard anyone run the numbers on career achievements (!!). People talked about their families, their friends, their dogs. People talked about traveling the state or country or world. If they had worked, people talked about what they LOVED about their work, like a school nurse who talked about the elementary school kids she took care of, and a union organizer who talked about his fellow workers in the slaughterhouses. People talked about HISTORY they had lived through, the Vietnam war, the Civil Rights movement. People talked about the things they were proud of, many of which involved big career milestones. But I never heard anyone say they wish they scored higher on a physio exam, or scored above Pritzker average on step 1, or thought they had to rule out a specialty choice based on lukewarm clinical feedback.

Nick: I found that it can be hard to forge new relationships at a bar, whether romantic or otherwise. What are your shared reasons for being there? Interest in beer and going to UNC. Other than that? Not much, maybe a mutual distaste for dating apps. In sifting through these different relationships, I found that the people I returned to were: the vulnerable over-sharer, the passionate socialist, the charismatic karaoke singer. The thread connecting these

Tony's Half-Assed Kitchen: Balsamic Roasted Veggies

Tony Da Lomba (MS2)

Have a bunch of vegetables in the pantry that you need to use up? Did you just watch an episode of Chopped and feel like cheffing it up with the obscure ingredients in your fridge? Or do you have yet another potluck this week for a Prtizker get-together and want to make an effort but not *that* much of an effort? Here's a recipe that might help with that. This recipe is loosely based from a roasted veggie recipe at BudgetBytes.com—not sponsored but check them out for cheap and innovative recipes.

Ingredients:

- 2 lbs potatoes
- 1 green bell pepper
- 1 yellow bell pepper
- 1 yellow onion
- 1 lb carrots
- 8 oz. mushrooms (preferably pre-sliced because you're worth it)
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 2 tbsp honey or agave nectar
- 1 tsp turmeric (optional)
- 1 tsp rosemary
- 1 tsp thyme
- 1 tsp salt
- 1 tsp lemon pepper seasoning

Directions:

1. Preheat your oven to 400°F.
2. Peel or wash your potatoes thoroughly. Chop them up into 1-inch cubes. Rinse them and set aside in a large bowl.
3. Dice the green pepper, yellow pepper, yellow onion, and carrots into ½ inch pieces. Add the veggies to the bowl with potatoes.
4. In a small mixing bowl, combine the balsamic vinegar, olive oil, honey/agave nectar, turmeric, rosemary, thyme, salt, and lemon pepper. Mix thoroughly. Pour over your mixed veggies and toss.
5. Add your veggies to a glass dish. Cover and roast in the oven for 45 minutes. Stir occasionally (every ~15 minutes).



Also not sponsored by Joanna Gaines

Poem of the Month

Michael Sun (MS1)

I did not notice the birds

It was raining. It was raining that late fall rain, just-shy-of-snow kind-of-rain. Gray sky, so I was watching my feet kind-of-rain. The kind of rain that puddles shallow in the sidewalk, makes slick the faded reds of stamped-down leaves, so I watched my black sneakers, toe over toe. The bone-chill rain washed out my memory of warmth, the two cups of coffee in me gone cold, so I walked down 53rd with my hands in my blue raincoat, and my head down.

I did not notice the birds until they flew up past me. Gray and brown birds that must have been pecking for food. Those sparrows, juncos, or finches – or whatever they were – they must have been there the whole time. But walking with my head down, in the rain, hands in my blue raincoat, I saw the earth rise. I saw wings lift from the dirt. From nothing, from nowhere, which is to say, I wasn't paying attention, because of the rain! Because my head was down, and when I looked up they had already gone, dissolved into the sky and beyond fences. And I wasn't even that depressed, I just wasn't paying attention, and the birds – the birds flew from nowhere and surprised me so, so surprised I had to tell you about it. To confess that I wasn't looking for wonder, didn't even want it this rainy morning, but it happened. I am so happy it happened, a flight of birds from nothing gone to nowhere and oh, if you see me weep I swear this time, it's joy.

Pet of the Month

Diana Li (MS1)



Meet Cornbread! She's a corn snake (ha ha). I got her from a reptile expo when she was 6 months old, and she's been with me for 3 months now! She was super tiny—thinner than a pencil!—and super shy when I first got her, but now that she's settled in, she's incredibly curious. She will come up and say hi if you're near her tank when she's out and about! She'll flick her tongue as snakes often do, but I promise she isn't secretly plotting to eat you (looking at you, Louisa).

Yes, her tank is Spongebob themed. You might see her peeking out of Squidward's house's eye or Spongebob's window. She loves

Cornbread comes home!

digging holes and tunneling under the side of Patrick's "rock" (a coconut shell) instead of going through the front entrance which helps the illusion that it is a rock. She still gets a little spooked when I pick her up because she thinks I want to eat her, but quickly realizes I'm not a threat but rather just some weird, moving tree. When I'm holding her, she likes pushing her head through my fingers, which is super cute.



She's comin for ya!!



Let me know if you want to come over and meet her! If you would like to hold her in the name of ~wellness~, she's cool and smooth and I promise she won't bite! Even though she's a snake, she's not a /snake/ (looking at you, Eric).

If anyone's looking for a low maintenance pet, snakes are actually super easy. Hit me up if you have any questions!!!



Wellness Crossword

Dustin Shaw (MSTP)

	A	B	C	D	E	F	G	H	I
1									
2					■				
3									
4		■	■			■			
5									
6						■			
7									
8			■		■			■	■
9									

ACROSS	DOWN
A1 traps bugs	A1 found in closets or bodies
A2 she had a pet cat named All Ball	B1 perspective
A3 the end of the day (plural)	B5 India's response to Yelp
A5 cheerful, full of energy	C1 Tina's husband
A6 helps you go fast	C5 exclamation of annoyance
A7 Subunits of a cell	D1 son of King Duncan
A8 No response	E3 birds grip
A9 who lives in a pineapple under the sea?	F1 a university in NY
D4 airline, support group	F8 a female rapper
F2 abbreviation for a masculine biblical name	G1 a specialized golf gear
F8 Deja ___	H1 long lasting
G6 top tier executive	I1 It's not my worst toe, it's my _____

Wellness Shout-Outs

My beautiful **Brioche "Brie" Farley (MS2)**, the best and most thoughtful listener and supporter I could ask for <3

Risa (MS2) – your discipline is an inspiration and also you are very funny hehe

Amrita (MS1)! – She's always willing to go the extra mile to help a friend when they need it. Such a warm presence for so many people—so grateful that Amrita came to Pritzker!

Shoutout to the **HPREP Leaders (MS1)** for doing a fantastic job so far!!!

Shoutout to **Pranav Haravu (MS1)** for organizing a group of people to accompany him on ski-num,ming this January, and **Maggie Shope (MS1)** for being the greatest instructor/babysitter/friend! They got a group of nerds out onto the slopes and it absolutely made me feel refreshed!

My **PCF Co-Leaders** for their dedication and faithfulness!

Conrad, Ehi, Ellen, and Eric (MS1) – y'all are killing it as the M1 Wellness Reps!!

Talent Show Participants – Ya'll absolutely crushed it on Friday! So honored to be your classmate.

Answer Key:

	A	B	C	D	E	F	G	H	I
1	S	P	I	D	E	R	W	E	B
2	K	O	K	O	P	E	T	E	
3	E	V	E	N	T	I	D	E	S
4	L			A	A		G	R	T
5	E	B	U	L	L	I	E	N	T
6	T	U	R	B	O		C	A	O
7	O	R	G	A	N	E	L	L	E
8	N	R		I		V	U		
9	S	P	O	N	G	E	B	O	B