

Winter 2023

# The Check-Up

Wellness Newsletter: STRENGTH EDITION



## It's Winter



The skies are grey. The snow keeps piling on. But there is always something remarkable in our abilities to sense these changes and tune into our sources of STRENGTH. In this issue of the Wellness Newsletter, we are excited to share what strength looks like for our lovely Pritzker Classmates!

Happy Reading!

Love,  
Ceylon and Nitin



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# WELLNESS

## Tips



These are the coolest tips we "snow"

Winter can be challenging in many regards. It's totally valid to not feel like the vibes are it. Here are some tips to help stave off those Winter Blues!

**1**

Take Vitamin D Supplements and/or bask in a Seasonal Affective Disorder Therapy Lamp

**2**

Try to get out of your house even for 30 minutes or do some light exercise

**3**

Explore Chicago during the Winter with some Friends!

**4**

Try to get into a rhythm! Start small with an activity you can do every day at the same time (journaling, coloring, knitting, etc.)

**5**

When all else fails, clean a portion of your house/room for just 10 minutes



# Winter Wellness Tips from an Esteemed Faculty Member

Things that keep me well: Although I definitely don't look forward to exercising, I love the way I feel after I finish working out. Especially during the cloudy and cold days, going to the gym gives my mood a much-needed boost. I also stay well by gathering with friends on a regular basis. I am definitely an introvert, but I also love planning dinners and spending time with the people who know me, support me, and bring me joy. Finally, my family keeps me well and I feel like we all do our part in filling our home with laughter, music, dancing, and silliness.

Lesser-known fact: I used to be a gymnast, until I had a growth spurt. I can, however, still do a pretty nice back layout on a trampoline.

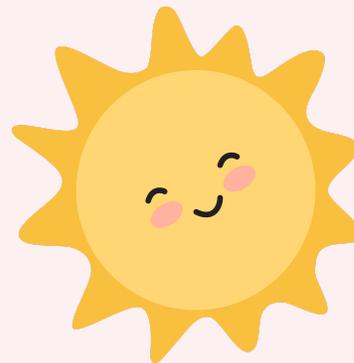
Can you guess who? Turn  
to Page 9 to find out!

Pritzker, what are YOUR  
sources of Strength?



COOKING

SCIENCE-FICTION  
BOOKS



SUNLIGHT

FRIENDS



# PET-PARENTS OF



# PRITZKER



Max is my geriatric 20-year old cat. I love that he always seems grumpy-he's like my alter ego.

Annie Feldkamp, M1

EDITORS NOTE: He's the love of our life too! Look at that cute little face!



This is Cubbie and he gives the best cuddles and puts up with our antics.

Shaley Albaugh, M4

EDITORS NOTE: Cubbie deserves the finest treats and looks so snug in that fab fit he has on.





This is Bruno, my 12 y/o American bulldog mix. He is as sweet and silly as he looks.

Alex Diaz-Barbe, M1

EDITORS NOTE: Sweet and Silly are the perfect combination to win over my heart! Bruno is a star.





# Chef's Kiss



a delightful section that's peppered with the tastiest and most cherished recipes from Pritzker Students!

## Family Pasta

By: Andrea Gomez, M1

Growing up, my parents would make this dish for my siblings and me that I loved. While I enjoyed watching them make it, being a child of Colombian parents meant I didn't have a choice but to help cook *jaja*. When I would ask my mom how much *Adobo* to add to the vegetables, she would say, "Solo míralo/Just look at it." They never measure anything, so you won't see the amount of seasoning in this recipe, sorry! When I would ask when the *guiso* (basically sauteed vegetables with seasoning) was finished, she would say you could smell when it was done, and I love that smell that reminds me of home.

It's a quick and easy meal to make, I make it all the time when I'm lazy but also for comfort when I miss my family, which is why it's called Family Pasta.

### Serves:

This is approximately for 2-3 people, but I barely ever measure anything so do what feels right to you!

### Ingredients:

6oz of pasta (I usually use spaghetti, but you can use any type: penne, cavatappi, etc.)

Meat: Hot dogs, sausage, OR chicken (anything works!)

1 Red pepper

1 Green pepper

1 Onion

2 Eggs

1 Tablespoon of Butter

Oil

*Adobo*

*Sazon Goya*



### Instructions:

- Boil water in a large pot. Once boiling, add pasta and salt. Once the pasta is done boiling and ready, strain it to remove the water and put the pasta back in the pot.
- Chop/dice the vegetables (red pepper, green pepper, onion) into small pieces.
- To make the guiso: in a pan, put enough oil to have a thin layer coating the surface of the pan. Put the heat on medium to low. Add the diced vegetables to the skillet and let it heat up for a couple minutes before adding the seasoning (Adobo and Sazon Goya). I put enough seasoning that I lightly coat all areas but it's not too much. Stir the vegetables so they don't burn or stick to the pan, it's ready when it is lightly colored, is cooked, and the aroma is strong and smells good.
- Add a tablespoon of butter and the guiso to the pot with pasta.
- In a pan, cook the meat, hot dogs are usually pre-cooked and fast to heat up, but you can use chicken or anything else! Once the meat is cooked, add to the pot with pasta.
- Crack two eggs into the pot with pasta, turn on the heat to medium and stir the pasta/eggs/guiso/butter all together. The eggs should be fully cooked, so it's like scrambled in the pasta.
- Voilà!





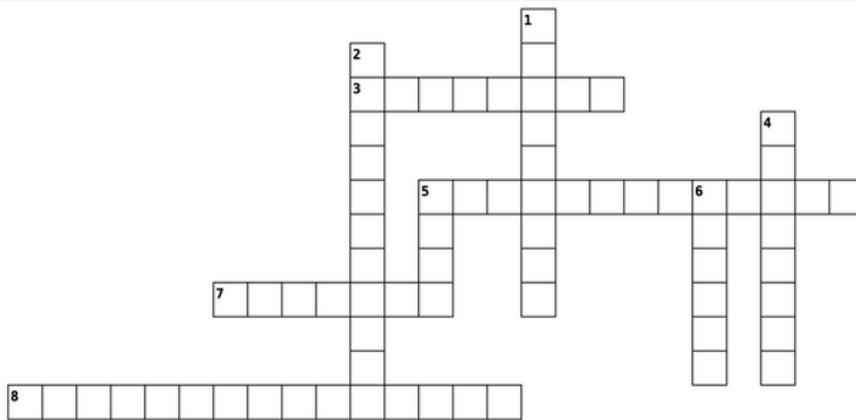
# Delights



HAVE SOME MERRIMENT WITH THESE GAMES!

## Fun things to do with a Friend-Crush

Complete this crossword to find cool places you can visit with someone you want to get to know better!



**Across**

- 3. Bounce up and down in this daring trampoline park
- 5. interactive art museum
- 7. Bistro on 55th
- 8. Cute garden tucked away near the museum of science and industry!

**Down**

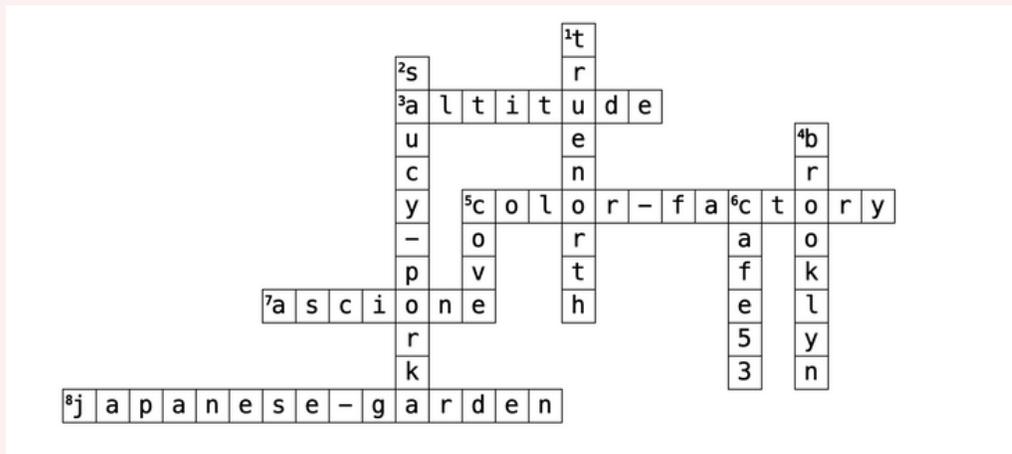
- 1. Cafe on 57th with the most delectable cardamom lavender latte
- 2. Demolish some bacos in this fine establishment
- 4. \_\_\_\_\_ Boulders to work out some daring climbing courses
- 5. Sip on the Point Punch and relish Karaoke on Thursdays here
- 6. Cafe tucked away on 53rd street

## Sudoku for the soul

	2	5		6				
7		1	4		5			
	4		3	7	2			
		8						
1	3				7			4
						6	2	8
8					6	5		
				5		4		7
2		6		1				



# Answers



3	2	5	8	6	1	7	4	9
7	8	1	4	9	5	2	3	6
6	4	9	3	7	2	1	8	5
4	6	8	5	2	9	3	7	1
1	3	2	6	8	7	9	5	4
5	9	7	1	4	3	6	2	8
8	7	4	9	3	6	5	1	2
9	1	3	2	5	8	4	6	7
2	5	6	7	1	4	8	9	3



Our esteemed Faculty Member Wellness Tips were brought to you by Dr. Keme Carter! Who would have known?!



# FREE N' FOR FUN

*Travel times are based on the BSLC as the departure point.*

For those who would like to stay **INSIDE**:

## **International Carnivale Day - February 25, 2023**

A celebration of music and dance traditions from Brazil, Colombia, Jamaica, and Puerto Rico.

Address: Aon Grand Ballroom, 840 E Grand Avenue

Travel time: 1hr 20 min on CTA, 30 min driving

## **Golden Hour at Epiphany Center for the Arts**

Wednesday through Saturday evenings during February, enjoy live music in this former church turned art center.

Address: 201 S Ashland Ave

Travel Time: 1 hr on CTA, 25 min driving

## **Garfield Park Conservatory**

Walk through half a dozen greenhouses to examine rare plant species.

Address: 300 N Central Park Avenue

Travel time: 1 hr on CTA, 45 min driving

## **Lincoln Park Conservatory**

Explore tropical plants and foliage in a historic greenhouse.

Address: 2391 N. Stockton Drive

Travel time: 1 hr on CTA, 45 min driving



For those willing to brave the **OUTDOORS**:

### **Music Frozen Dancing - February 25, 2023**

An annual music festival and block party in West Town. Don't let the cold stop your groove.

Address: Outside of The Empty Bottle on Cortez Street

Travel time: 1 hr 20 min on CTA, 30 min driving

### **Polar Adventure Day - February 25, 2023**

Come explore Chicago nature in the Winter at Northerly Island! There will be husky sledding, snowshoeing, cocoa, and more!

Address: 1521 S. Linn White Drive

Travel time: 1 hr on CTA, 20 min driving

### **Lincoln Park Zoo**

ANIMALS.

Address: 2200 N. Cannon Drive

Travel time: 1 hr on CTA, 45 min driving

### **The 606**

Stroll on an elevated park trail traversing multiple neighborhoods that has murals, lookout points, and awesome photo ops.

Address: Bloomingdale Avenue From Ashland To Ridgeway

Travel Time: (if starting at Ashland) 1 hour on CTA, 40 min driving



# Dear Wellness

## A supportive anonymous Q and A



Sometimes I struggle to find time to hang out with friends and go out because I've grown too accustomed to just staying at home away from the cold! How do you recommend I be a more active friend or meet new people?

- Anonymous Ant eater

### **ANSWER:**

This issue is close to my heart - I am a hardcore homebody, especially when it's cold. Something that has been helpful for me this Winter is to assign myself a task so I can't flake on plans. For example, if my friends and I are planning having a movie night, I'll promise to bring the snacks so that when the day comes, I can't talk myself out of it because I have an important duty - the people need the popcorn! Alternatively, if you like to host, the Winter is a great time to do so because you can just stay inside with your slippers on and let the folks come to you.

In addition, when it is cold outside or it is a tiring time of year, "going out" can take on less ambitious meanings. "Going out" can mean I will go out to CVS, buy nail polish, and then go into my friend's home so we can do our nails and watch Rihanna's Superbowl performance for the 10th time.



# Museum of Art At Pritzker



Enjoy beautiful creations from people in our  
Community!



Post Card From My Windowsill  
Alice Li, M4



### **Mental Health Resources:**

If you feel like you are in immediate risk of danger, please call 773-702-3625 or 911 and go to the Emergency Room.

### **Pritzker/Administrative Resources:**

1. Reach out to Pritzker Chiefs available 24/7 365:

Steve Server: 847-736-7137

Manizha Kholmatov: 402-417-2733

Hannah Priddy: 720-299-5475

2. Contact the friendly Pritzker Deans:

Dean of Students Jim Woodruff: 773-251-5231

Assistant Dean of Students Wei Wei Lee at 646-483-9327

3. Call the University “Dean-on-Call” at 773-834-4357.

### **Counseling & Therapy Resources:**

1. For Emergency 24/7 mental health consultation with a therapist, call 773-702-3625.

### **Student Counseling Services 773-702-9800**

You can schedule an appointment or speak confidentially with a therapist (free).

### **Additional mental health resources:**

<https://wellness.uchicago.edu/mental-health/>  
FLIP (First-gen, low-income Pritzker) resource list

