A word from the Chief
Danny Talmor, MD, MPH

Dear Friends:

It’s spring in New England, so on those few days when there is no freezing rain, on my daily walk to and from work, I see signs of spring everywhere. This is an apt metaphor for the hope I feel as we see signs of improvement in the COVID situation. Patient numbers on the floors have been stable for the past 12 days and the great news is that discharges are now outpacing admissions. Colleagues in our network have reported the same pattern—signs that we could be seeing the end of the first stage of this epidemic. So those buds blooming represent real hope of an eventual return to some normalcy of life. It will be gradual, but we are taking small steps forward and that’s a positive sign that the future looks brighter for all of us.

The governor extended social distancing guidelines until mid-May, so a return to limited surgery will likely occur around that time. All the BILH hospitals are now in discussions around reopening and it’s clear this process will require careful coordination and management of space, cases, and patients, as well as increased testing. We made an extraordinary effort to prepare for the surge in COVID patients, and now, as we slowly ease back, we will make another extraordinary effort to return to normal operations. I’m confident that our department will perform as magnificently at helping with plans to restart surgery, as we have since this crisis began.

As I look at preliminary outcomes for our COVID patients, it’s no surprise that they are generally better, than at other U.S. hospitals. Our critical care units are some of the best in the country and we see it in our results. It is also because all of you have made a difference in your own way – caring for patients in the ICUs, serving in ORs to give others time to care for COVID patients, providing nursing care, expanding ICU space. I’ve said it so many times, but I can’t say it enough how grateful we all are for your efforts.

Albert Camus wrote in his book, The Plague- “What’s true of all the evils in the world is true of plague as well. It helps men to rise above themselves.” While we would not have wished for this plague, it has given us the chance to shine.

Please stay well,
Danny

COVID-19 Anesthesia Resources:
Shout out to **Matthias Eikermann** for his wonderful virtual Anesthesia Grand Rounds. I found his talk of great interest and value to me as an anesthesiologist in a community setting. It was well paced, insightful, and most importantly clinically relevant. I intend to strongly encourage all of the staff in Plymouth to take advantage of this fantastic (and free) learning opportunity. I appreciate all of your work Matthias! - Erin Burns, MD

Shout out to Anesthesia Tech Lead, **Alyssa Rossi**! She was an incredible help to me in the COVID PACU today when I needed equipment to do pulse pressure variation monitoring. She arrived from the OR with everything I needed, set it up herself, took the measurement and then reported it to me! She is amazing. - Rae Allain, MD

A big thank you to **Simon Robson** who took time out of his day to virtually meet with students in AP Chemistry at The Pingree School! - Dawn Ferrazza

Shout out to **Rebecca Peyev** for teaching a fabulous yoga session this week. Thanks for helping to keep us centered, balanced and fit! - Liana Zucco

Eileen Stuart-Shor Nursing Recognition Award

**Awarded to All the Certified Nurse Anesthetists and Nurse Practitioners in the BIDMC Intensive Care units**

Congratulations on your selection to be the recipients of the inaugural Eileen Stuart-Shor Nursing Recognition award!

Recipients are nurses who exemplify Eileen Stuart-Shor’s vision of serving as an expert clinician, respected leader, humanitarian and aspiring scholar in the Department of Anesthesia, Critical Care and Pain Medicine. During these extraordinary times the department has selected all CRNAs and NPs in BIDMC ICUs to receive this award in recognition of your superhuman efforts.

Normally, we celebrate our awardees during a gala event at Fenway Park during Nurses Week. We are sorry that we are unable to do so this year and we are hoping for a rescheduled event some time later in 2020. A broadcast email to all BIDMC nurses will be going out during Nurses Week announcing your award.

Please accept my warm congratulations on receiving this honor, and my gratitude, along with all of BIDMC, for all you are doing for our patients during this extraordinary time.

**Laurie Bloom, MA, RN**

Associate Chief Nurse, Professional Development and Research

Lois E. Silverman Department of Nursing, Patient Care Services

Special thanks from TPAC (West PACU ICU)

After many shifts in the TPAC (West PACU ICU) which is being staffed by TSICU and PACU RNs, I felt several people in your department deserved special recognition for their work in what I would argue the toughest environment in the hospital right now.

**First, Dr. O’Gara.** His leadership over a team of residents, CRNAs, and all nurses was unmatched. His ability to stay calm in the midst of chaos with very few breaks kept us all feeling that we could keep pushing forward. From all of the TSICU nurses that were in there, we are very thankful for his service and dedication to the TPAC and to our patients this past week.

Second, **CA-3 Resident Dan McGrail.** He was very helpful to the nursing staff during the TPAC surge over the last couple of days. Always willing to listen to our concerns and help us in any way he could by immediately coming to the bedside.

Third, **CRNA Izzy Demenezes.** I was very impressed by his expertise with the OR ventilators and his willingness to help out nursing staff every time a ventilator alarm would go off. As we are unfamiliar with these ventilators, we relied heavily on the CRNA teams to help us tend to alarms and identify problems quickly so that we could provide the best care possible.

Fourth, I know she is in the Surgical department, but rounds with ICU teams, **Dr. Stacey Keith** (Fellow). She is always a calming and wise presence in the TPAC. I am also impressed by the way that she teaches and supervises residents day in and day out. She was essential to the TPAC team this past Tuesday and kept us afloat.

Lastly, the entire **PACU RN staff** that has stepped up and taken on heavy patient assignments and stepped in to relieve us to take breaks out of the TPAC.

-Zoe Livingston, BSN, RN, CCRN

**TSICU**
Clinical Update  
**OB Anesthesia**

Yunping Li, MD

During the COVID pandemic, Labor and Delivery floor is running at full pace taking care of pregnant women and welcoming newborn babies. We have had a busy month with caring for high risk patients. BIDMC houses the New England Center for Placental Disorders, which diagnoses and treats pregnant women with placental accreta syndrome. From the many years of experience, we have developed a consistent and systematic approach to manage these challenging, high-risk cases.

**Universal screening:** On our Labor and Delivery Floor, we simultaneously care for both healthy parturients and pregnant COVID patients. As COVID pandemic continues, careful screening all patients is crucial. To ensure patient and provider safety, we introduced two new guidelines: the second stage of labor (when mom is pushing) is now considered an aerosolizing process; and a woman who develops fever during labor (regardless of the cause) will be considered a PUI and will be tested for COVID. In the near future, all women who come to L&D will be tested for COVID to help with intrapartum, and equally importantly, postpartum triage.

Overall, the risk of vertical transmission from mother to fetus is considered very low. CDC recommends hospitals consider separating mother with COVID from her newborn. If the mother wishes rooming-in with the newborn, this is possible using physical barriers or keeping newborn at least 6 feet away from mother. Universal screening would be helpful.

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**New mask sterilizers arrive**

My wife, Joni, and I are thrilled that the Department now has 27 mask sterilizers up and running. We have received emails of thanks and want to be sure you know that it has been our honor to make this happen, but the actual funding came from our outreach to the local community, who deeply appreciates what you are doing and cares about you and your health. We emailed our list of personal friends, people from our neighborhood, the elementary school our son attended, and our synagogue. Some of those people, including recently retired BIDMC neurologist Dan Tarsy, then emailed others, including members of his synagogue. In those emails, we let people know they could make a difference to help frontline providers at the BIDMC. They sprang to action and through their donations, we were able to fund the sterilizers that cleanse the N95 masks. -Rami Burstein
Successful Anesthesia Residency Program Match

The third Friday in March is Match Day for Anesthesia Residency programs across the country. This is always an exciting day for our education team who are eager to see results after a busy interviewing season. Each year the education team reviews over 1,300 applicants and interviews 260 applicants. Next, they rank the applicants in order of preference while medical students rank their top residency programs. Medical students who applied to our program find out where they were accepted and we learn which candidates will join our department for their training. Ideally, their first choice is our first choice! (Medical students are matched to only one residency program to which they are locked in.)

We typically attract some of the best candidates in the country and this year was no exception! We matched with 18 candidates in the country and this year we matched with 18 candidates in the country. Next year we may receive around 200 applications from Anesthesia and Emergency Medicine and interview around 60 applicants for 4 positions. 

**Critical Care:** We receive around 200 applications from Anesthesia and Emergency Medicine and interview around 60 applicants for 4 positions.

**Cardiac:** We receive around 250 applications from Anesthesia and interview around 60 applicants for 4 positions.

**OB:** We’re starting this match for ’21-’22

Residents and Alumni: Please complete 2020-2021 Doximity Surveys

It is time for the annual collaboration between Doximity and US News and World Report that ranks residency training programs across 28 specialties. We need your help in ranking our residency program. These rankings are widely used by applicants to learn about programs and make decisions about where they want to apply for training.

Our program is one of the best in the country and has consistently attracted top-tier applicants. Doximity helps us identify areas where we can become even better and continue to attract extraordinary talent. These rankings are particularly important this year during the COVID-19 crisis. We interviewed some applicants for our BIDMC Residency Program and most of our fellowship applicants online this year and may do so next year as well if significant numbers of applicants cannot travel. In these circumstances, applicants will rely even more heavily on Doximity to select their top programs.

There are two surveys we invite our alumni and current residents to complete:

**For Alumni within 10 years of graduation:** We encourage you to participate in the Residency Nomination Survey opening on May 7 for one month, which allows Doximity members who are board-certified physicians within ten years of graduation to nominate up to five programs that provide superior clinical training in their specialty area.

**For Current Residents:** We encourage you to participate in the Residency Satisfaction Survey opening May 7 through early fall. The survey is open to residents who have completed their first year of residency and asks about key characteristics of and general experience with your current program.

Residents and alumni will be allowed to participate in these surveys only once.

**Login to Doximity Account**

In addition, our faculty members will be prompted to submit nominations via email or by signing into their Doximity account when the surveys begin. If you are not currently a Doximity member, we urge you to register and participate in the survey while it is open.

Final residency rankings will be published by Doximity this summer in its 2020-2021 Residency Navigator, a residency program directory used by 75% of fourth-year medical students to explore more than 4,000 residency programs. Thank you.

Danny Talmor, MD
John Mitchell, MD
Best wishes to Stephanie Jones, MD, in her new role: Chairman, Department of Anesthesia at Albany Medical Center

Stephanie B. Jones, MD has been at BIDMC for almost 17 years, caring for our patients and bringing her talent and leadership to our education program. In 2011, she was named Vice Chair for Education, after serving for several years as Program Director of our Anesthesiology Residency. Under her stewardship our education program has experienced a period of exceptional growth, innovation and research, and an across-the-board commitment to excellence. She oversaw an extension of the residency program, developed the internship program (we previously had no interns), added multiple fellowship programs and expansion of fellowship programs. She oversaw the building of the Education Lab at BID, which is a real pearl. Dr. Jones has been heavily involved in education research and mentored a whole generation of educators here at BIDMC.

She served on the Medical Executive Committee representing the Department and took over the Opiate Care Committee in the hospital bringing hospital providers together and really changed the way the hospital approaches substance abuse.

Now she is moving on to a much-deserved role of Chairman at Albany Medical Center, where she will face new opportunities and challenges. We sat down with Dr. Jones to talk about her new position and her long and distinguished career at BIDMC.

Walk us through your remarkable career: I earned my medical degree and completed my residency training at Washington University in St. Louis and then spent six years at the UT Southwestern Medical Center in Dallas. It’s always interesting where a two-physician job search will lead, and I still have some great Texan friends and mentors. My husband Dan and I had our twins when we were in Dallas, but I was happy to come to BIDMC and return to the northeast—my family is from Poughkeepsie, NY.

I became residency Program Director about a year after I got here from Texas and stayed in that role until 2011. Fun fact: Danny was my first Associate Program Director (APD), John Mitchell arrived a short time later and with his help we built up the program. We now are on par with all the big names along the northeast corridor. I was also Vice Chair for Faculty Development for a period after Sharon Muret-Wagstaff’s departure, which allowed me to shift more of my attention to mentoring and developing our junior faculty. My role as the Vice Chair for Education has varied a lot over the years, based on the needs of the department. Initially, I continued to focus largely on the residency program but John quickly grew into the role and acquired excellent APD assistance, first from Cindy and then Sarah, which allowed me to concentrate on the fellowships and take on a larger role in representing education within department operations.

Tell us about Albany Medical Center: Albany Medical Center is bigger than BIDMC (766 beds), but the anesthesia workforce is a little different with more CRNAs, fewer attendings, and a boutique residency program (6 residents per year). One of my first responsibilities will be physician recruitment. Albany Medical College is just down the hall, and many of the students end up matching into anesthesia after a great experience in the ORs in medical school. They also have an affiliated CRNA training program and retain a lot of their trainees from that program. I will be clinical one or two days a week and the case acuity is similar to here, although I will have to get used to a higher trauma volume as they are the only Level 1 center in a 100 mile radius. As the new Chair, my biggest challenge will be taking the time to get to know the department, its culture and people, before making any major decisions.

Three initiatives you’ll take to Albany: They still have OR records on paper and no AIMS system and that impacts a lot of what they can do, including meaningful QSI work. The Medical Center is investing in a new EMR, likely EPIC, so I have the benefit of having gone through a similar transition here. In terms of education I’m going to look at expanding their fellowships as I’ve done here. I look forward to using my national network and experience in social media to help mid-career and junior faculty and the department in general expand their influence outside the medical center. This is something I’ve done a lot of and can start right off the bat. Also my recent gender equity and advocacy work is something I’m passionate about and it is a commitment I will certainly take with me. Nationally the percent of women anesthesia trainees has been stuck at 35% for about a decade (while in surgery it’s now 50%). I’d like to help improve that number.

Advice to other women who want to advance in academic careers? Don’t be afraid to take on roles you might feel unprepared for, and advocate for the training you need. I didn’t expect to become Program Director so quickly after I got here so there was a lot of on-the-job training, such as attending education conferences and the Harvard-Macy Fellowship in 2009. You really must be your own best advocate. For example, it took me four tries to get in to the Executive Leadership in Academic Medicine (ELAM) fellowship. Each institution can only nominate two people to apply so for Harvard that’s all of the Harvard-affiliated hospitals combined. Once you get the nomination you have to apply to ELAM directly. It took me three tries to get the Harvard nomination and then I applied to ELAM itself. I didn’t get in after the first try, sought feedback from the director of the program and used it successfully the next time. I was told that part of the reason for my admission to the program was my persistence. It’s important to understand that just because you don’t succeed the first time it doesn’t mean you should stop.

Hopes for our Education Division? My heart is with the education division and I’m glad someone like John Mitchell is here to help steer the course. John and I have pretty much grown up here and we’ve been partners for a long time. I’m just so excited about the energy and ideas being generated by Sara Neves and the new group of Associate Program Directors (Dan Walsh, Lindsay Rubenstein, Lauren Suhl). They are advancing the use of technology in teaching. We are still using the daily feedback form I created with my Harvard-Macy fellowship project and the team we have now can use technology to advance that into a system that provides meaningful feedback and competency-based training. We want to know that people are learning what they need to learn and the next step is getting enough data to create a good picture of the targeted needs of an individual rather than the just the doing the same thing for everyone. I know the team we have in place is up to the task.

Final thoughts? I will miss being able to walk around the halls and know everybody! I have trained so many people over the years and it’s gratifying that many of them are still here. I want to make sure people know I’m not dropping off the face of the earth and I’m still available for advice and mentoring. I’ll miss it here but I actually grew up in Poughkeepsie, so Albany is sort of in my neck of the woods. There is great summer stuff out here like Saratoga and Tanglewood. It’s also a plus that I’ll be only an hour or so drive from my parents!

Best of luck Dr. Jones – we know your leadership will be a huge asset to Albany Medical Center and we’ll miss you. Please be sure to send us some Alumni news about your exciting new career.

“Stephanie has been a tremendous colleague and friend to all of us. If there’s one thing we can say about Stephanie, she is always level headed, willing to help everybody she works with, and extremely patient.

She has been an incredible friend, clinician, mentor, team player, and educator. Our loss is Albany’s gain. If anyone is ready to be a chair of anesthesia, it’s Stephanie.”

-Danny Talmor
Riki Kveraga appointed to HMFP Board of Directors

Congratulations to Dr. Riki Kveraga, Chief of Anesthesia at BID-Needham, who was elected to a two-year term on the Harvard Medical Faculty Physicians (HMFP) BIDMC Board of Directors. This role is a crucial part of the governance of our organization and it is an honor to be chosen to serve since the appointed physicians are elected by their HMFP peers. Dr. Kveraga has been a huge asset to our department both as anesthesiologist and as a talented and inspiring leader at BID-Needham. She is also invaluable in her role as liaison between the community sites, BID-Needham, Milton, Plymouth, and Anna Jaques. This is a much-deserved honor and we are sure she will do a superb job.

And thanks to Dr. Sheila Barnett, Chief Medical Officer at BID-Milton, who has so ably served as a member of the HMFP Board of Directors for the past two years.

Welcome new clinical leadership at BID-Milton

Congratulations to Dr. Andrew Koropey recently appointed Acting Chief of Anesthesia at BID-Milton. He takes over the helm from Dr. Sheila Barnett, who is now Chief Medical Officer at BID-Milton. Dr. Koropey joined BIDMC in 2017 and has practiced general anesthesia at BID-Milton and the Main BIDMC Campus. He received his MD from the University of St. Louis and did his residency at St. Elizabeth’s Hospital in Boston. Dr. Koropey brings extensive experience in both clinical practice and leadership to his new position. Prior to joining BIDMC, he was Chairman of the Dept. of Anesthesia at Quincy Medical Center. He has also been Director of Pain Management at Brockton Hospital and Vice Chair of the Dept. of Anesthesia at Morton Hospital in Taunton.

Congratulations to Dr. Jessica Cassavaugh recently named Director of the ICU at BID Milton. Dr. Cassavaugh joined BIDMC in 2018 after her residency and fellowship training in anesthesia and critical care at the University of Pittsburgh Medical Center, where she was also chief resident. She received her medical doctorate and a PhD in pharmacology from the University of Vermont. Dr. Cassavaugh also served as Junior Chief of Research at Pittsburgh Medical Center.

Ventilator innovator

Dr. Ben Moor, anesthesiologist from BID-Plymouth has been busy working on a homegrown ventilator.

There are a lot of “home grown” ventilators coming through at the moment. Almost all of them are based on some kind of mechanized Ambu-bag. The problem these have is the response time when supporting a patient who is starting to breathe. Our system is completely different and uses lighting-fast solenoid valves so can terminate a breath or give a breath as soon as the patient makes a respiratory effort.

We’ve made considerable progress with our ventilator. We have been testing at an engineering facility in Cambridge and have done an initial test at the pulmonology lab at BIDMC. We have another test there next week then we are scheduling animal testing in May.

The device isn’t pretty, but it works. It started out as something of an ugly duckling and grew not into a beautiful swan. Actually, it grew into something bigger but just as ugly, so she’s been named the Ugly Duck.

We will be delivering 10 prototypes to the Department of Defense next month. The design is based on readily available off-the-shelf parts. If we experience a second wave of critically ill patients the open-source design can be rapidly produced. The parts for our first Duck is around $1500.

Thank you to all who have helped on this project: I had guidance from Alan Lisbon with IRB. Joe Previtera and the RT guys helped with testing. Joe and Alan were great on giving design suggestions based on their years of knowledge of old ventilators. Elias Kas-Sis helped with running the pulmonology lab tests. Duncan Kuhn, intensivist at Cambridge Health Alliance helped on design and testing. And Ara Nazarian worked with IACUC to develop the animal testing protocol.

Please see videos here: https://youtu.be/ANEOyFk18qI and https://youtu.be/Crax-QpvnC0 And see Lachlan demonstrate pressure support: https://youtu.be/v1OWleYu-34

-Ben Moor, MD
Introducing the HEALS Wellness Pager

Hearing
Each other
And
Lending
Support

What is the HEALS pager?
A peer support colleague will be available by page 24 hours a day, 7 days a week for anyone in the department experiencing difficulties who wants to speak with a supportive colleague. They will provide informal support, a friend to vent to, and can offer suggestions on more formal support options if needed.

How do I find the HEALS pager?
Search the BIDMC pager system for Anesthesia and HEALS - it will come up. The pager ID number is 36594. Sometimes the pager may be signed out to a cell phone number so you would call the number listed. For colleagues without access to the BIDMC paging system, call the page operator at 617-667-4700 and ask to be connected to the Anesthesia HEALS pager.

Who are the HEALS supporters?
The supporters are a group of your colleagues who are good listeners, dedicated to wellness and helping others, and volunteer to cover the HEALS pager in week-long blocks. They will have received basic peer supporter training but should be considered a friend and colleague. There will not be any members of the Executive Committee or trainees carrying the HEALS Pager.

Who can use the HEALS pager?
The HEALS Pager is available to any member of the Department of Anesthesia. This includes clinical staff, administrative and support staff, researchers, trainees and more at both HMFP and APHMFP sites!

Will my call or information be recorded?
We will not keep records of calls but we will track the numbers of calls we receive and general reasons, without your name. The only time we may have to give your name to anyone or discuss the content of your call is if there is a safety concern: In such a rare situation, we would communicate these steps directly with you.

Lindsay Rubenstein, MD
Director of HEALS Wellness Pager Project

Three weeks ago, we shared the results of the Faculty Affairs survey on our Department’s communication, support and wellness activities during the COVID-19 crisis. We were very pleased with the positive feedback!

One colleague suggested having a Wellness Hotline, to provide access 24/7 to our departmental peer support group. We thought about the great idea, discussed our plans with our trained peer supporters, and our trusted advisor (Dr. Pam Peck from the Department of Psychiatry) and put a plan into place.

Dr. Lindsay Rubenstein has graciously accepted leadership of the HEALS Wellness pager project, which will be up and running on Monday. After two weeks of piloting at BIDMC (please send us your feedback) we will then assess the program and roll it out across all sites.

Matthias Eikermann, MD
Vice Chair of Faculty Affairs

LIVE THE PEACEFUL LIFE WITH THE “CALM” APP

“Calm,” the world’s #1 app for relaxation, meditation, and sleep, offers its users many tools to achieve a more peaceful, healthy life. It has guided meditation, nature scenes and sound, sleep aids, music, podcasts, and lessons on mindful moving and gentle stretching, and you can adapt it to meet your own individual needs. You can complete a free trial if you’d like before committing to an annual subscription. “Calm” was Apple’s top app of 2017, Google Play Editor’s Choice for 2018, and was called the “World’s Happiest App” by the Center for Human Technology. www.calm.com

Give yourself a gift today: Build Resilience

3-minute practice to expand lung capacity and improve immunity: https://www.youtube.com/watch?v=kWEUjs5FFjA&feature=youtube

4-minute practice to balance the mind: https://www.youtube.com/watch?v=q5m6tMjcF8k

5-minute yoga practices: https://sha.sadhguru.org/us/en/yoga-meditation/yoga-program-for-beginners/yoga-videos

15-minute meditation: https://vimeo.com/311808615 (This video also has the introduction to what this is about) or https://youtu.be/wHinl_XugJy

Photo taken by Dawn Ferrazza

May 2020 | Onward Together 7
Helping Hands
Gift Card Campaign

Thank you for your participation!

We are collecting donations of gift cards, illustrations and thank you notes from colleagues, friends and family to help ease the burden and send some love to those in our department who are directly impacted by COVID.

Ask your kids and grandkids to draw pictures and thank yous! And please consider sending gift card donations in increments of $25 and $50 – though any denomination is welcome!

Gift card ideas— grocery stores, restaurants, Amazon, pharmacies, child-oriented activities to help keep them busy (Lego, Build a Bear etc), pampering (Lush, David’s Tea, etc) – use your imagination—anything will be appreciated!

Mail to: Dept. of Anesthesia, c/o Dawn Ferrazza, 300 Brookline Ave., Yamins 210, Boston, MA 02215

Drop off: to Yamins administrative manager/director

Schedule pickup: Call T’Asia Zayas to schedule a West/East/Pain pickup

To acknowledge our thanks please include name and address of the donor (although anonymous donations are also welcome).

Tips for staying healthy

When should you buy organic produce?

Eating fruits and vegetables is a healthy habit, but is it worth the extra money to buy organic? The answer likely depends on what type of produce you are buying. The non-profit Environmental Working Group (www.ewg.org) conducts tests on produce each year for pesticide residue to compile a list of the fruits and vegetables you should buy organic and also the ones you can buy non-organic. For 2020, it’s worth buying organic for strawberries, kale, spinach, nectarines, apples, peaches, grapes, cherries, and pears. You can buy non-organic for avocados, corn, pineapple, onions, papaya, sweet peas, eggplant, asparagus, cantaloupe, broccoli, mushrooms, cabbage, honeydew, and kiwi. Check out the EWG website for lots of information about healthier consumer choices.

Controlling blood sugar is vital to good health

High blood sugar levels can cause diabetes, which is rampant in the US. In 2018, 10% of the US population had diabetes, and in 2015 a whopping 88 million American had pre-diabetes, the very early stages of the disease when the blood sugar is too high but there are no other symptoms. There is only one person who has the power to reverse pre-diabetes, and that is you. Daily exercise, a diet that avoids sugar and many types of carbohydrates, proper hydration, and other healthy habits can help you avoid diabetes. A low glycemic diet consisting of foods that raise the blood sugar more slowly is particularly helpful. Check out the following article for information about what foods are best if you want to control your blood sugar.

https://www.medicalnewstoday.com/articles/324871

A treasure trove of inspirational quotes to help you through tough days

Are you needing a little inspiration these days to keep your spirits up? Check out these quotes from artists and authors, and activities containing wisdom, truth, wit, and hope. https://www.independent.co.uk/life-style/best-inspirational-quotes-tough-times-positive-motivation-uplifting-a9455181.html

Take baby steps to clear clutter

Cleaning all the clutter out of your home may seem like an enormous task but it doesn’t need to be. You can start out with five minutes a day and concentrate one area at a time. Here are some ideas: (1) designate a spot for incoming papers instead of throwing them on tables and counters; (2) declutter one countertop; (3) clean out a shelf; (4) pick up five things and find places for them (or donate or discard them if you don’t need them); (5) pull everything out of a drawer, put back things that belong there, take out things that belong elsewhere, and get rid of things you don’t need. With these small steps you can get started and maybe even plan a decluttering weekend. Once you start loving the decluttered look the ultimate step is to stop accumulating things you don’t need in the first place for less stress and less mess!

Inner Engineering Online: Try this seven-module course each lasting 90 minutes embedded with various meditative practices. Right now it’s free for all health care workers. Inner Engineering is a technology for well-being derived from the science of Yoga for personal growth that brings about a shift in the way you perceive and experience your life, work, and the world you live in. Inner Engineering offers a unique opportunity for self-exploration and transformation, leading to a life of fulfillment and joy. If you have questions, contact Bala Subramaniam.

https://www.innerengineering.com/?jwsource=em

Credentials: https://www.innerengineering.com/sadhguru

Join our Strava Fitness Club: Boston-Area Anesthesia Fitness Fanatics

https://www.strava.com/clubs/baaff

Strava is one of the most popular apps that allows people to record their exercise activities and share them with friends. Join your peers to track your exercise. It’s super easy, really fun and motivating!
Department Wellness Activities

Health is wealth. Invest some time each day to keep your body and mind healthy.

Daily Breathing Meditation
8:30am
https://zoom.us/j/834606825
Meeting ID: 834 606 825
4:30pm
https://zoom.us/j/936723705
Meeting ID: 936 723 705

Yoga with Kristen Stiles
Mondays 6:30pm
(for the next 3 Mondays)
https://zoom.us/j/

Workouts with Brian Daugherty
Tuesdays 6:30pm
https://zoom.us/j/99862061479
Meeting ID: 998 6206 1479
Password: 379338

Saturdays 9am
https://zoom.us/j/92032095151
Meeting ID: 920 3209 5151

Tai Chi with Jamee Culbertson
Wednesdays 6:30pm
https://zoom.us/j/87105395050
Meeting ID: 871 0539 5050
Password: 119336

Yoga with Jaclyn Everett
Thursdays 6:30pm
https://zoom.us/j/82377771702
Meeting ID: 823 7777 1702
Password: 574343

NEW WEEKLY EVENT!

Fridays 4:30pm
Arts & Crafts Social & Share
Link will be sent by email this week.

Come join us for a kid-friendly craft hour. Bring a current project, pick up an old one you’ve been meaning to finish, or start a new one!

Drawing | Painting | Collage
Scrap booking | Sewing | Knitting | Crochet
Woodworking | Bike building or mechanics
The possibilities are endless!

Or, just drop in to socialize and see the many talents of your colleagues! (If you have wee ones who would like to join, you may supervise them, or set up your older kids to craft independently while you make dinner.

PHOTOS OF THE WEEK
Springtime and Earth Day

Praveena Muthuraj’s daughter Sahasra celebrates Earth Day (above and below).

Susan Kilbride’s niece captures bluebirds in action at their family beach house.

Spring is here! Eswar and Sugantha Sundar have a front row seat to a family of Robins outside their window.

Witnessing magnificent Spring skies is a wonderful way to start and end the day. Photo by Dawn Ferrazza.

Nikki Murphy on Bunny Duty for her niece and nephew.

Taneshia Pina takes a break to hike in NH last weekend.
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