

Insider

Fall 2021

WAYS TO IMPROVE YOUR STRESS, HEALTH & WELL-BEING

The pandemic has had many effects on our overall health. Perhaps now more than ever it is imperative to address the social-emotional and behavioral health needs of our population.

“Making mental health and wellness a priority is something that Brown Medicine’s leadership has always believed in and practiced,” states Tammy Lederer, SHRM-CP, PHR, chief human resources officer at Brown Medicine. “Long before the pandemic hit, we encouraged employees to practice mindfulness at work, go for mid-day walks and take breaks, and avail

themselves of our Employee Assistance Plan resources to manage stress, burnout and overall health. If there’s anything the pandemic has taught us, it’s the importance of focusing on self-care. Mental well-being starts with that.”

“Manageable and achievable changes to improved lifestyle can greatly help with concentration, perception, purpose and well-being.”

Healthy lifestyle behaviors can significantly enhance our ability to cope with stress, connect with others, improve concentration and mood. The brain is a powerful, complex organ that, like other organs in the human body, needs balanced energy to function at its prime. Focusing on sleep and food quality and increased movement help with the energy balance and functioning of cognition and health. “Manageable and achievable changes to improved lifestyle can greatly help with concentration, perception, purpose and well-being,” states Dr. Cerissa Blaney, Ph.D., a licensed psychologist in Brown Medicine’s Division of Primary Care who is also an instructor in clinical psychiatry and human behavior at Brown University’s The Warren Alpert Medical School. “Decreasing alcohol, increasing hydration, choosing quality energy balancing foods, increasing exercise, and planning social activities are key to help cope with stress and improve quality of life.”



HERE ARE SOME WAYS TO IMPROVE YOUR HEALTH AND WELL-BEING, AND TO DECREASE STRESS:

STAY PHYSICALLY ACTIVE: Find something fun to do or plan it with people you enjoy. Yoga, tai chi, stretching, and a walk outside even just to breathe fresh air can do wonders.

“When stressed, taking a few moments for a quick break, stretch or walk outside can help improve blood flow, focus and creativity,” comments Dr. Blaney. “Physical activity often contributes to improved confidence and enhanced mood with its effects of serotonin.” Cardiovascular exercise and increased blood circulation have been shown to boost brain functioning and prevent memory loss by creating new brain cells and strengthening the hippocampus which is the part of the brain responsible for memory and learning.



AVOID STRESS: Actively working on stress management can help to support your body’s immune response. Learn how to recognize stressors, problem-solve things within your control, avoid or alter situations that can be stressful, and identify helpful thoughts. Reframing unhelpful thinking, limiting avoidance strategies such as emotional eating, overuse of social media, alcohol and substance use are alternative ways to improve stress. Finding meaning and using humor and laughter can be effective coping techniques that can lower blood pressure, quickly change one’s thoughts or mood, and make you feel better.

CONTINUED ON PAGE 4

NEWS



BROWN MEDICINE CMO APPOINTED PRESIDENT OF AMERICAN GERIATRICS SOCIETY

Brown Medicine's Chief Medical Officer Dr. Peter Hollmann MD, FACP, AGSF has been appointed 2021-22 president of the American Geriatrics Society. He leads 6,000 geriatrics healthcare professionals across the country, including geriatricians, geriatric nurses, social workers, family practitioners, physician assistants, pharmacists, and internists. Dr. Hollmann has been an AGS member since 1983 and is a fellow with the Society.

COVID VACCINE CLINIC HELD AT BROWN MEDICINE

In partnership with the Rhode Island Department of Health, Brown Medicine recently held a free Pfizer-BioNTech COVID-19 Vaccination Clinic at the Patient Center in East Providence. Anyone 12 years of age and older was eligible to obtain the vaccine. "Getting as many people as possible vaccinated is truly important for public health, to limit the spread of the coronavirus. It's especially important now that the highly infectious Delta variant is responsible for the majority of infections across our state and the U.S.," stated Dr. Louis Rice, president of Brown Medicine.



L to R: Gail Martin-Practice Manager; Giovanna Mercurio-Project Manager-HR/Marketing; Sally Wharton-Senior Director, Ambulatory Operations Management; Roberta Neves-Practice Manager.

BROWN MEDICINE SPONSORS WOMEN'S FUND OF RI

In a 90-second video created especially for the "Women Leading Change" event sponsorship, CEO Ann Kashmanian, Dr. Kelly McGarry and Vice President Dr. Angela Caliendo discuss why Brown Medicine supports the Women's Fund of Rhode Island. Each highlighted the importance of providing advancement opportunities for women to grow and achieve as well as gender equity in the workplace.

Watch video here: [Women Leading Change](#)



Ann Kashmanian, CPA, MBA
Chief Executive Officer
of Brown Medicine



Kelly McGarry, MD
Division Director
General Internal Medicine



Angela Caliendo, MD, PhD
Vice President of
Brown Medicine

INSIDER CALENDAR

Autumn is a great time of year to get outside and enjoy the crisp weather days, warm sunshine and fresh air. Here's a harvest of ideas to get you out and about before yet another change of season:

[Harvest Festival/Grape Stomping Contest](#)

(Wine is on the Mediterranean Diet!)
Newport Vineyards
October 26-27

[Pumpkin Patch and Corn Maze Weekends](#)

Adams Farm, Cumberland
Through October 31, 2021

[Jack-O-Lantern Spectacular](#)

Roger Williams Park Zoo, Providence
Through October 31, 2021

[Goat Hikes](#)

Simmons Farm, Middletown
Sunday, Thursday and Saturday (Weekly)

[BoldrDash Halloween Trail Run](#)

Exeter
October 31, 2021

[Fall Foliage Leaf Peeping](#)

Hike, bike or run virtually anywhere in Rhode Island during October to enjoy the glorious colors of the season.

[Narrated Boat Tours of Providence](#)

15 Bridge Street, Providence Marina
Daily 11:00am - 7:00pm
Through November 1, 2021

[Bike Newport Full Moon Ride](#)

Big Blue Bike Barn, Newport
6:30pm to 8:30pm
October 20, 2021

[RIWalks Challenge: Creatures](#)

Search for 30 different nature-inspired creatures hidden on various land trust trails throughout RI.

Visit riwalks.org for complete list

OCTOBER IS BREAST CANCER AWARENESS MONTH

Gloria Gemma 5K

Brown Medicine employees took part in the 2021 Gloria Gemma 5K @ Flames of Hope in Providence. The event raises vital funds to support cancer patients throughout the Rhode Island community. The team especially walked the 3.1 miles in support of Brown Medicine's employee Jodi Wagner.



Donning their "Team Jodi" t-shirts are as follows:

Top Row (Standing) Left to Right: Giovanna Mercurio, Kathleen Haslam, Jennifer Hyde, Terry Clarke, Kelly Lopes, Jennifer Brown, Judy Lancellotta, Kristine Liberatore, Lance Whalen, Leigh Lyons, Maryjo Macksoud, Nicaury Bravo **Purple tutu:** Vicki Larsen **Girl directly behind purple tutu:** Genevieve Pietroski **Bottom Row (Sitting) Left to Right:** Jessica Savoca, Kristen Bennett, Diane Holland, Christine Ellingwood, Roberta Neves, Nancy Cordeiro

Dr. Stephanie Graff Interviewed on WPRI-TV

Brown Medicine Hematologist/Oncologist Dr. Stephanie Graff was interviewed on WPRI-TV's The Rhode Show about the various risks, most common signs, and helpful tips for breast cancer prevention. She covered such topics as age being the #1 risk factor; men can also develop breast cancer; hereditary risks when there is no family history of the disease; common symptoms to watch for; the rate of later stage diagnosis; and the importance of screening mammograms and breast self exams in early diagnosis, treatment and survival.

To watch the video:
[CLICK HERE](#)



RECIPE

With cooler temperatures comes apple picking season! And, what's better on a lazy fall morning than pancakes? Apple Spiced Pancakes. Incorporating all the comforting flavors of fall, these will be the star of any breakfast or brunch. If you have a nut-free household, just leave out the pecans, they will still be a hit!

Apple Spiced Pancakes



Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 5

Ingredients

- 2 cups whole wheat pastry flour or all-purpose flour
- 2 tbsp baking powder
- 1 1/2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp salt
- 2 eggs
- 1 1/2 cups nonfat (2%) milk
- 1 tbsp maple syrup
- 2 gala apples, cored and grated
- 1/2 cups chopped pecans (optional)
- Maple syrup and fresh fruit, to serve

INSTRUCTIONS

- In a large bowl, whisk together flour, baking powder, cinnamon, ginger and salt.
- In a medium size bowl, whisk eggs, milk and maple syrup. Pour egg mixture into flour mixture and stir. Mix in grated apples and pecans.
- Heat a nonstick or cast-iron skillet over medium heat or heat a griddle to 375°F. Lightly coat skillet with cooking spray.
- Using a 1/4-cup measuring cup, scoop batter into the skillet, a few pancakes at a time. When pancakes start to bubble on top, flip and cook until pancakes are cooked through all the way. Repeat with remaining batter. (Makes 20 pancakes)
- Serve pancakes with maple syrup and fresh fruit, if desired.

Source: <https://www.thepioneerwoman.com/food-cooking/recipes/a79117/apple-spiced-pancakes/>

UPDATE

New Smithfield Location



Brown Medicine has expanded its practice into a new medical facility in Smithfield, RI to serve primary care and subspecialty patients.

Brown Medicine has a new state-of-the-art medical care center to serve patients in the Northern Rhode Island area. The new location is in the Smithfield Office Center located at 900 Douglas Pike in Smithfield, R.I. just off Route 295 and Route 7 featuring plenty of free parking.

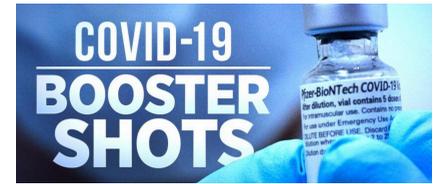
Other medical practices under the Brown Physicians, Inc. umbrella, of which Brown Medicine is a part, have opened offices in the building all under one roof, including Brown Surgical Associates. Brown Dermatology, Brown Neurology and Brown Urology will soon open offices as well. Lifespan Labs and Performance Physical Therapy are also operational in the Center.

COVID-19 Booster Vaccine Information

Brown Medicine follows RI Department of Health and Centers for Disease Control guidance for booster shots.

At this time, booster shots are available for persons who are not immunocompromised and initially vaccinated with the Pfizer-BioNTech vaccine; as well as for moderate to severely immunocompromised persons who have already received two doses of the Pfizer or Moderna vaccine more than 28 days ago.

To see a detailed list of who is currently eligible for a booster shot; for a list of what medical treatments and conditions fall under the category of “immunocompromised;” and for the link and phone number to find out where to obtain a booster shot, please [CLICK HERE](#).



CONTINUED FROM PAGE 1

SOCIALIZE: Social support and connection is essential to well-being. Volunteer for a cause you care about, connect with someone by email or letter, and spend time with others whether virtually or safely in-person. Long-term or chronic stress, depression and loneliness can impact the immune system and may affect how the body responds to infectious pathogens. Surrounding yourself with supportive people is but one way to bring more positivity into your life.

SELF-CARE: Schedule an appointment with yourself to do what you like or want to do. This can be as simple as a five-minute break from cleaning, a half-hour lunch break offsite from work, or scheduling an entire weekend away, for example. It can also be necessary to take advantage of extra time to rest or sleep

to recharge your brain for optimal health. Set boundaries when you can, identify values and things important to you, and work toward planning activities and behaviors that are consistent with your values.

PRACTICE GRATITUDE: Begin and end each day with thoughts about three things you are grateful for. Keep a journal of these things, or just simply say them to yourself. Saying “thank you” and “I appreciate you” are phrases that not only make others feel supported and happy, but can make you feel better, too. Psychology research shows that gratitude is associated with greater happiness, leading to improved health, effective coping mechanisms and stronger relationships with others. Consider ways to bring gratitude into your workplace or relationships in addition to self-compassion.

HEPATITIS C TESTING UPDATE

Hepatitis C virus (HCV) testing is recommended by the Centers for Disease Control and United States Preventive Services Taskforce (USPSTF) as follows:

The USPSTF recommends screening for HCV infection in adults aged 18 to 79 years. There are additional testing recommendations for people at increased risk, such as during pregnancy, etc. [CDC Guidelines](#)

Please contact your Brown Medicine physician from any of our divisions and subspecialties to get tested.



HEALTH TALK PODCAST

Dr. Tony Wu, internal medicine physician in Brown Medicine’s Division of Primary Care, was the featured guest on the latest Brown Medicine HealthTalk Podcast. He discusses the

topic of Lyme disease, including symptoms and treatment. According to the CDC, it’s the most common vector-borne disease in the United States and is transmitted by a biting tick infected with the disease.

To listen visit: [Health Talk Podcast](#)



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