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*Three UAMS employees and veterans —Rebecca Blaylock, Cpl. Ryan Murphy and Sgt. Scott Johnson —served as the color guard during a special Presentation of the Colors on Nov. 13.*



## UAMS SHOWS GRATITUDE FOR VETERANS WITH BREAKFAST, CARE PACKAGES

Active duty, reserve and veterans of the armed forces who are UAMS employees were honored at a Nov. 2 breakfast, just one part of a larger month of celebrations and events planned by the UAMS Veterans Awareness Committee in honor of Veterans Day, Nov. 11.

Dozens of service members, from a veteran of Korea to many currently serving, from all five branches of the U.S. Armed Forces – Army, Navy, Air Force, Coast Guard and Marines – attended the annual Veterans Appreciation Celebration, which included breakfast, trivia with prizes and a keynote address from Nathaniel Todd, director of the Arkansas Department of Veterans Affairs.

Todd, a retired colonel in the U.S. Army Medical Department who holds a master's degree in health care administration from Baylor University, spoke about the core values of each branch of service, noting commonalities between them and those of UAMS, including integrity and service.

“When I look at the core values of UAMS, I believe those resonate with veterans because I believe they resonate with the core values of the military,” said Todd.

In his talk, Todd not only thanked those veterans in

attendance for serving but also encouraged them to continue to serve, noting that a desire to serve is fundamental to providing exceptional health care. He said he hoped to see them energized by the event.

“I believe you’ll see in the coming weeks an uptick in productivity, an increase in excitement in the workplace. And that’s true whether it’s the physicians or the housekeeping or the administrative staff,” said Todd. “I believe that when veterans’ hearts and minds are touched, you see an increase in outcomes.”

Indeed, those in attendance said they were grateful for the event.

Darrell Johnson, a transplant services administrative coordinator who spent 23 years in the Air Force, said events like the celebration remind veterans that they’re appreciated.

“It feels good to hear someone say ‘thank you,’ you know?” he said. “People may not often think about it, but in what we do in service, we may be in harm’s way 24/7. So it’s nice to know that that’s recognized and appreciated.”

Johnson added that he was likewise grateful to UAMS for hosting the event.

*Veterans continued on page 3*

# UAMS HONORS EMPLOYEES FOR THEIR SERVICE

UAMS honored 1,350 employees for their years of service in ceremonies on Oct. 30 and Nov. 1.

The Oct. 30 ceremony recognized 311 employees with 20, 25, 30, 35, 40, 45 and 50 years of service. Robert Burns, Ph.D., a College of Medicine professor of Anatomy and Interdisciplinary Toxicology in the Department of Neurobiology & Developmental Sciences, was honored for his 50 years of service.

Robert Arrington, M.D., a professor in the Neonatology Section of the Pediatrics Department, and T.K. Short, an administrative analyst with MCPG Payment Processing, were both recognized for working at UAMS for 45 years.

Fifteen employees were recognized for 40 years of service at UAMS. Short biographies on the 18 employees who were recognized for 40+ years of service are available at [Go.UAMS.edu/honorees](http://Go.UAMS.edu/honorees).

More than 1,000 employees with 5, 10 and 15 years of service were honored at the Nov. 1 reception.

Chancellor Cam Patterson, M.D., MBA, applauded the employees for the commitment they made to UAMS.

“As we celebrate your many individual and collective years of service, we also recognize the force you have been in the life of UAMS,” he said during the Oct. 30 ceremony. “The effects of your work on behalf of UAMS’ mission won’t just be evident today but will continue far into the future.”

“On behalf of everyone at UAMS, I applaud you for the good you have done, the work you have contributed, the assistance you have provided, the knowledge you have conveyed, and the time and talent you have dedicated to all of us and to the students and patients served by this great institution,” Patterson said.

Jeff Risinger, vice chancellor for human resources, called the employees’ years of service “a gift to the people of Arkansas.” “It is only fitting that today we say thanks,” he added.



*UAMS Chancellor Cam Patterson, M.D., MBA, and Mary Cantrell stop for a photo at the Employee Services Awards ceremony on Oct. 30.*



*Amber Booth-McCoy shows off her five-year pin at the Employee Services Awards ceremony on Nov. 1.*

# FIRST “PLAY READ PATIENT/PHYS

UAMS faculty joined faculty and students from the University of Arkansas at Little Rock’s Department of Theatre Arts and Dance to present “W;t,” Oct. 24 in the Rahn Building.

The “Play Reading Remedy” was part of the UAMS Centers for Simulation Education’s celebration of the 25<sup>th</sup> year of the standardized patient at UAMS.

“W;t” is the story of Vivian Bearing, Ph.D., a 50-year-old professor of 17<sup>th</sup> century English literature who has been diagnosed with stage four metastatic cancer. The play, written by Margaret Edson, looks at Bearing’s interactions with the medical community from her diagnosis, through her treatment and ending with her death.

Stacy Pendergraft, associate professor of actor training at UA Little Rock, played Bearing and directed the play. Her doctor, Harvey Kelekian, M.D., was played by Richard Wheeler, M.D., professor and executive associate dean for academic affairs in the UAMS College of Medicine (COM). Kostas Arnaoutakis, M.D., associate professor in the COM Department of Internal Medicine’s Hematology/Oncology division, facilitated the group discussions between segments of the play.

They were joined by UA Little Rock students Jeremy Matthey, Verda Davenport Booher, Emily Wold and Taylor Green.

The play examines several aspects of the patient/physician relationship.

# ING REMEDY" EXAMINES ICIAN RELATIONSHIP



*The cast of "W;t," including Richard Wheeler, M.D., (third from left), tells the story of Vivian Bearing, Ph.D., a 50-year-old professor of 17th century English literature who has been diagnosed with stage four metastatic cancer.*

During the discussion, Wheeler said students are taught to relate differently to patients now than when the play was written 20 years ago.

"We would never use a harsh tone and jargon like this when talking to a patient now," he said.

But there is still much to learn.

"Because I am a physician, clinicians assume I know their terminology in a field like otology, but I'm a nephrologist," Wheeler said. "They also think they can take shortcuts in communicating with me because they assume I know what is going on. I tell them I would like to be treated like I am an old farmer who doesn't know anything about medicine."

Mary Cantrell, M.A., executive director of the Centers for Simulation Education, said the purpose of the play reading was to bring health care professionals and the public together to watch a scene and then learn from each other's viewpoint on the scenario.

Two more play readings are planned as part of the standardized patient celebrations — "Miss Evers' Boys" on Feb. 6 and "The Curious Incident of the Dog in the Night-Time" on April 17.



*Veterans were offered tokens of appreciation according to their branch of service during a Nov. 2 Appreciation Breakfast.*

Avelina Harris, a cardiac non-invasive technician who spent eight years in the Army during the Gulf War, said another benefit of gatherings like the celebration is to identify fellow veterans, which helps to form a community.

"A lot of the people here, I wouldn't realize they were veterans. But when you do realize it, there's a brotherhood or sisterhood formed with them," she said.

UAMS employs more than 800 veteran, active duty, reserve and guard employees and includes about 120 such students.

UAMS Veterans Committee also collected items and donations and gathered signatures for thank you cards for veterans to be delivered to the Eugene Towbin Veterans Affairs at Fort Roots in North Little Rock and for veterans housed in transitional housing at St. Francis House Ministries in Little Rock.

A special Presentation of the Colors was held Nov. 13 in honor of Veterans Day. Three UAMS employees and veterans — Rebecca Blaylock, Cpl. Ryan Murphy and Sgt. Scott Johnson — served as the color guard.

## ACCOLADES

**Alicia Felling**, a patient care technician on E7 Medical Oncology/Transplant, has been named the **December BEE of the Month**, an award by the Center for Nursing Excellence that honors non-nurse staff who provide exceptional care for patients and families.

**Chrissy Wright**, R.N., who works on F5 Neonatal ICU, has been selected as the **December DAISY of the Month**.

**Donna York**, an access coordinator in MRI, received the **Golden Mug for November** as the staff member at the Cancer Institute whose work deserves special recognition.

**E7 Medical Oncology/Transplant** was selected as the **Outstanding Area of the Month for December**.



## NEW AEROBICS CLASSES STARTING IN FITNESS CENTER

The UAMS Fitness Center is pleased to unveil its new aerobics schedule! Starting in December, classes will be offered in the new studio, Rahn Building, Room 2202 to **members only**.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00 a.m.- 6:50 a.m.	Zumba	Yoga	Zumba	Yoga
7:00 a.m. – 11:00 a.m.	OPEN	OPEN	OPEN	OPEN
11:00 a.m. – 11:30 a.m.	Total Body Training	Total Body Training	30 minute Arms	30 minute Core
11:30 a.m. – 12:00 p.m.	Total Body Training	Total Body Training	30 minute Core	30 minute AGL
12:00 p.m.- 12:30 p.m.	Yoga	Barre (TEMP*)	Yoga	Barre
12:30 p.m. – 4:25 p.m.	OPEN	OPEN	OPEN	OPEN
4:30 p.m.- 5:20 p.m.	Zumba	Yoga	Zumba	Yoga
5:30 p.m. - 6:20 p.m.	Barre	Zumba	Barre	Zumba
6:30 p.m. – 5:55 a.m.	OPEN	OPEN	OPEN	OPEN

Also in the aerobics room, there is a TV/DVD set up for those who cannot make the class times, but might wish to have their own classes during times when the room is marked OPEN on the schedule. The room is available 24/7 to all members for use when the classes are not in session, so all members benefit from this addition!

Even with all of these changes, the cost of the Fitness Center membership is still only \$15 per month. No joining fee, no annual fee and no cancellation fee.

**Yoga-** If you are in need of some strength and stretching to help your joints and stress levels for the day, you should come try this class. Yoga will be open to various skill levels. Class participants will need to bring their own mat. Yoga blocks and straps will be provided.

**30 minute classes-** These classes are designed to target a specific part of the body or the whole body in 30 minutes. The AGL class is designed to target abs, glutes and legs. The core class is designed to target your midsection with strength and stability training. The total body training is a HIIT style class intended to get your heart pumping and your whole body working!

**Barre-** Barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

**Zumba-** ZUMBA® is a fusion of Latin and International music / dance themes that are dynamic, exciting and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

*\*Classes listed as TEMP will be changing instructors in late January.*