



The UPMC PM&R Times

Brought to you by the Wellness Committee



Volunteering Events

- **8th Annual Wheelchair Wash & Tune Up (June 8th 4-7pm):** sign up to help set up or wash by emailing Karen Greenwald (greekk@upmc.edu)
- **Retreat & Refresh Stroke Camp (June 15-17) in Slippery Rock, PA:** Weekend retreat for stroke survivors and caregivers to focus on education, socialization, relaxation, and support. Check out www.strokecamp.org. All volunteers should have been chosen by now, but email Stacey Davis if you interested to see if any spots remain.
- **Camp Inspire (July 22-26):** Want to help kids with complex medical conditions experience sports, art, nature, and music? Contact Jacy so she can get you set up with the Woodlands Organization. Check out <http://mywoodlands.org/woodlands-programs/camp-inspire/>

Welcome to the Team!

PGY1s:

Lucas Brane
James Eubanks
Michael Guthrie
Grace O'Neale
Jeffrey Smith

Fellows:

Brain Injury- Justin Weppner
Pediatrics- Matthew MacCarthy

PGY2s:

Colton Hickman
Andrew McCoy
Patrick Polsunas
Joseph Staszal
Kenneth Borecky
Austin Davis
Jesse Day
Jennifer Olsen
Matthew Sherrier

SCI- Vanessa Lee
Sports- Steve Schaaf

Don't forget to check out the new GME Wellness website for great resources and perks:

www.gmewellness.upmc.com

Faculty- PLEASE remember to vote on resident graduation awards! **DEADLINE MAY 25TH, 2018.** Questions? Email Sara Brown at browns17@upmc.edu



Spring Resident Retreat at SkyZone

Props for Docs

Spread positive energy by submitting praise to fellow co-residents via: www.surveymonkey.com/r/W9L3NYL

We all know we have a great group so let's reinforce our hard work with messages of thanks!

Upcoming Events



May
Meet the Babies

Sunday May 6th
3-6 pm
Garner Pavilion in North Park
Snacks provided



June
Graduation

June 9th
Sheraton in Station Square
*Stay tuned for more info



July/Aug
Pirates Game

July 15th
1:35 pm

Welcome Picnic
August
*Stay tuned for more info

Girls at LumbarjAxes

