

Sue's News

May 2018



Hello everyone,

Slaving away on the newsletter in New Mexico!

Last month Tim and I celebrated our birthdays in Santa Fe and Taos, New Mexico.

The 'Land of Enchantment' is indeed an enchanting place of beauty, intense colour, wide open spaces, adobe houses, the Rio Grande, art and more art, EarthShips, Pueblo and Spanish culture and independent, open minded, creative people.

April was Poetry Month so on my birthday I commissioned a poem from a "Dream Poet" who was sitting on the Taos Plaza in the sun with his typewriter... (looking pretty dreamy you must agree!) Here's an excerpt.

for each year
we grow more into ourselves
 alive and well
we rejoice at how far we've traveled
just to live another day
 another year
embracing the endless
and rejuvenated by the present.

marshall james kavanaugh



**"You cannot be a good doctor
without some appreciation of, and infusion, of poetry."**

This quote is from a BMJ review by Dr Elizabeth A. Davies called "Why we need more poetry in palliative care." She identifies leadership, organizational culture, wellbeing of healthcare professionals and patient support as areas where poetry can have a role. Clearly these are not limited to palliative care.

"Finding one's voice via poetic means can be a healing process because it opens up the opportunity for self-expression not otherwise felt through everyday words"

Full article [HERE](#)

On graduation each Scottish medical student receives a poetry anthology called "Tools of the Trade". Produced by the Scottish Poetry Library, the editors offer the poems simply 'as tools to help connect with your patients, your colleagues, yourself.'

More [HERE](#)

Anesthesiology publishes creative writing including poetry in the Mind to Mind section of the Journal. Dr Audrey Shafer is a Stanford anesthesiologist, poet and Director of Stanford's medicine and the Muse program. Her poem Your Anesthesiologist Self is [HERE](#) with an extract below.

your anesthesiologist self blooms

**over decades, until you and your anesthesiologist self
entwine**

**you wonder how long can you be quick and savvy
who will you be without your anesthesiologist self?**

but today, this is what matters:

in the preop holding area

**your patient's shoulders relax, ever so slightly
meeting a human being he now trusts**

you.



Poems at Parse Seco, NM

The spaces in the poem are yours
They are the place where you
Can enter as yourself alone
And think anything in.

W.S.Graham

FRIDAY JUNE 1st isdrum roll please ... #crazysocks4docs day!

Dr Geoff Toogood started this mental health initiative in Australia. His story is [HERE](#)

"There is a purpose behind #crazysocks4docs **Remember** those who died.
Raise awareness of mental health among clinicians.
Reshape the culture of health care."

More about #crazysocks4docs from Dr Eric Levi [HERE](#)

You can find his recent article "Broken Doctors, Broken System" on the sidebar of the same page.



It's not complicated. Simply **wear crazy, zany or mismatched socks to work on Fri June 1.** Post a picture with the hashtag #crazysocks4docs on Twitter, Facebook or other SoMe. (Preferably on Twitter.)

I am encouraging physicians across Canada to participate in this global initiative, engage in some friendly competition and to start conversations about mental health in healthcare. I mailed a pair of Canadian socks to Dr Toogood, so watch out for them on Twitter!

Dr Jen Klinck is giving rounds on "**Stigma**" at the Royal Alexandra Hospital on Fri June 1st. Brilliant topic and timing and also a great opportunity to have a group #crazysock4docs photo from the RAH anesthesiologists.

We had a lot of fun with this in the Grey Nuns OR last year, so ...
Game On Edmonton, Calgary, Lethbridge, Grande Prairie, Red Deer, Bonnevill, and more?

Misericordia anesthesiologists, I challenge you to get **Dr Brian Knight** out of his summer bare feet, into some zany socks and post the picture for posterity!

If you are allergic to social media you are more than welcome to email me pics to post for you.
susanjeanreid@gmail.com



And The Grasses Will Still be Singing Ginger Mongiello
Harwood Gallery, Taos, NM

PLEASE SAVE THESE DATES TOO!

Run for Women Saturday 26 May at Wilfred Laurier Park.

Edmonton Shoppers Run for Women is a 5K Run/Walk, 10K Run and Little Steps 1K.

Info [HERE](#)

Dr Jenn Klinck is captain of the Sleeping Beauties team so sign up, get out and support local mental health programs. I believe there are post run breakfast plans!

Our next **GAS Café is Tuesday 29 May**

Please come out for drinks and a chat with colleagues and friends at Square One Coffee.

The last GC was an intimate little event. Thanks to Dr Neil Klassen for a lovely evening!

"No mORe Secrets" launches on **June 4** in ORs across the city.

All anesthesiologists, surgeons and our residents are warmly invited to participate.

Look out for explanatory email, posters and materials in your OR starting June 4.

**What would happen if one woman told the truth about her life?
The world would split open.**

Muriel Rukeyser

As promised, here is my report from 4 days of **Jan Henderson's Clown Workshop** here in Edmonton.

"Clowns live in the NOW.

It is okay to be mad, or sad, or frustrated, or confused etc. as long as you don't hold on to it. You can let it go when you don't need it anymore. It is a wonderful way to live life."

More from Morgan Nadeau's Girl Clown blog [HERE](#)



When confronted with a small child, I am the person who is happy(ish) to read a story, but am way too uptight to play. So I was scared of this workshop. Now I know that outside my comfort zone, there are delights to discover. Our clown teacher brought her experience, enthusiasm and full presence each day. Theatre grad or anesthesiologist, we each had her full attention.(Not for the first time, I realized that I can really up my teaching game.)

So here's what I discovered: Laughter and play really, really matter.
We all just want to be seen and to be loved.

Honestly, this was the single best experience I have had in ages!
I laughed, I played, I simply showed up and had fun. I truly experienced joy. It's been a while

You may not agree, but for me **medicine Is Just A Job** and I am (clearly!) not my job.

As Jan told me, there really is no going back from this workshop. I will continue to explore this clowning side gig and see what happens next! Check out Edmonton's Playing the Fool Festival September 2018 [HERE](#).



This is Iris. She loves hats!



Prologue, Audre Lorde

.... Somewhere in the landscape past noon
I shall leave a dark print of the me that I am
and who I am not
etched in a shadow
of angry and remembered loving
and their ghosts will move
whispering through them
with me none the wiser
for they will have buried me
either in shame
or in peace.
And the grasses will still be
singing.

**In memory of my father
Frederick Wilkinson,
who died in New Zealand
on April 21 2018, aged 90.**

Art enlivens us, emboldens us, and fills us with wonder and delight.
Art calms us and soothes. Sometimes art makes us angry or distressed or melancholy.
In short, through art we have a ready means to explore those things that make us human.

Shawna Lemay, Edmonton author and poet

Thank you for reading,
enjoy the long weekend,

All good things, Sue

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