

# Healthy Healers

## Provider Well-Being Committees

Welcome to the latest edition of our biannual newsletter, brought to you by the Salinas Valley Health Provider Well-Being Committees. In this issue, we continue our commitment to fostering a culture of health, well-being, equity, inclusion and fulfillment for our physician community. The practice of medicine, while deeply rewarding, can also be demanding, and it is our mission to support you in navigating both its challenges and joys.

In this edition, we explore the generational differences shaping medical practice today, featuring an insightful article that delves into the evolving perspectives and approaches of our diverse physician community. Additionally, we are honored to share a heartfelt poem by Erica Locke, MD, along with a piece of artwork that reflects the beauty and resilience found in our work.

If you have your own creative offerings (poems, stories, artwork) that you would like to share in future publications, please contact us via the Provider Wellness Tiger Text role. We hope these contributions provide inspiration, reflection and connection as we continue to nurture our collective well-being.

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### **Young Doctors Want Work-Life Balance. Older Doctors Say That's Not the Job.**



Physicians for generations accepted being at the mercy of their pagers. Now, many are questioning medicine's workaholic culture. Read the article to learn more.

[Read the Article](#)

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**Elizabeth Blackwell, MD**

Dr. Elizabeth Blackwell (1821-1910) was the first woman to earn a medical degree in the United States and the first woman to be listed on the Medical Register of the General Medical Council for the United Kingdom. She was inspired to become a physician when a friend of hers became ill and remarked that if a woman had taken care of her, she would have done better. Blackwell was turned down by multiple medical schools and was subjected to criticism because of her gender and her “feminine” attributes of empathy and sense of social justice. Eventually, she was accepted to Geneva Medical College as a joke. However, Blackwell endured and became a successful physician, social reformer and pioneer in promoting the education of women in medicine.



### A Poem by Erica Locke, MD



(MD)  
I am  
a healer  
a shaman  
a medicine woman  
a midwife  
a mother  
sometimes...  
a spirit guide into the next world - die with your  
ancestors with your loved ... with...  
you... (in your home, in your bed, without a plastic  
polymer tube in your throat... instead with the  
deliciousness of a last meal... succulence of  
sassafras spiked rice and wine... and...  
(not)... TPN\*.  
i am squeezing history and love and emotion and life  
through acgme\* rules and ihi\* expectations and  
cms\* needle holes...  
threading central lines through jugulars that are  
hemorrhaging the uninsured and addicted and  
forgotten...  
I am a lover of life and my children and my husband  
and mother and  
trying  
to pay  
gratitude...  
to the god who brought me and all of us here...  
in a profession that thinks  
we are...  
gods...  
when acronyms fail me - everyday...  
i rely on you...  
my children, my patients, my love...  
i am a healer, a shaman a medicine woman, a  
midwife, a mother...  
BUT...  
everyday people...  
call me  
(doctor).

Erica A. Locke (MD)



- Provider well-being spring fling on **Saturday, April 5** from 1:00pm-3:00pm at Earthbound's Farm Stand at 7250 Carmel Valley Road, Carmel. Explore the gardens and enjoy a drink and a bite with colleagues and family!
- Heart of the Healer Provider Retreat, from September 5-7. Keep an eye out for the invite.

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## See what the Docs Have Been Up To

### Winter Provider Well-Being Hike at Garland Ranch Regional Park



### The Doc Lounge: Discussion and Drinks with Colleagues at Tarp's Roadhouse Restaurant in Monterey



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## Provider Well-Being Webpage



Our Provider Well-Being webpage contains information about our well-being committees, peer support program, counseling services and more. Click the button to learn about helpful resources.

Provider Well-Being

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