

# ohsu march wellness hours

## OHSU March Wellness Hours: Recharge and Refocus Your Spring

Feeling the pressure of the long winter months? Ready to shake off the lingering chill and embrace the promise of spring? At OHSU, we understand the importance of prioritizing your well-being, especially during the transition into warmer weather. This comprehensive guide dives into OHSU's March wellness offerings, providing all the details you need to find the perfect activity to rejuvenate your mind, body, and spirit. We'll cover everything from mindful movement classes to stress-reduction workshops, ensuring you have the information you need to carve out time for self-care during a busy month. So, let's explore the many ways OHSU is supporting your wellness journey in March!

### Understanding the Importance of March Wellness at OHSU

March marks a crucial turning point. Winter's grip loosens, but the demands of daily life often intensify. Many experience a dip in energy levels, increased stress, and a general feeling of being overwhelmed. OHSU recognizes this seasonal shift and proactively offers a diverse range of wellness programs designed to help employees, students, and the wider OHSU community navigate these challenges and thrive. These programs aren't just about attending a yoga class; they're about fostering a culture of well-being, building resilience, and equipping individuals with the tools they need to maintain optimal health. By prioritizing your well-being in March, you set the stage for a healthier and more productive spring and beyond.

### OHSU March Wellness Hours: A Detailed Breakdown of Activities

The beauty of OHSU's March wellness initiatives lies in their variety. There's something for everyone, regardless of their fitness level, interests, or time constraints. While the specific offerings vary year to year, previous March programs have included:

1. **Mindful Movement:** From gentle yoga and tai chi to invigorating Zumba sessions, these classes focus on connecting mind and body, promoting relaxation, and increasing flexibility. Look for classes held both in-person and virtually, catering to different schedules and preferences. Check the OHSU intranet or employee wellness portal for exact times and locations. Often, these sessions emphasize breathwork and mindful movement to reduce stress and increase body awareness.
1. **Stress Reduction Workshops:** Managing stress is crucial for overall well-being. OHSU frequently hosts workshops teaching practical techniques like mindfulness meditation, progressive muscle

relaxation, and cognitive behavioral therapy (CBT) strategies. These workshops provide a safe space to learn coping mechanisms and build resilience against the pressures of daily life. Some workshops may be facilitated by OHSU health professionals, adding an extra layer of expertise and credibility.

1. **Nutrition and Wellness Seminars:** Learning about healthy eating habits is a vital component of holistic wellness. OHSU often provides informative seminars on nutrition, covering topics like mindful eating, healthy meal planning, and the impact of diet on mood and energy levels. These sessions may include cooking demonstrations, recipe sharing, and opportunities to connect with registered dietitians for personalized advice.
1. **Outdoor Activities:** Taking advantage of the lengthening days and improving weather, OHSU may organize group walks, hikes, or other outdoor activities to promote physical activity and social connection. These events are a fantastic way to enjoy the fresh air, boost your mood, and connect with colleagues in a relaxed setting.
1. **Work-Life Balance Workshops:** Maintaining a healthy work-life balance is essential for preventing burnout and promoting overall well-being. OHSU's March wellness initiatives often include workshops that focus on time management, boundary setting, and strategies for prioritizing self-care amidst professional responsibilities. These sessions provide valuable tools and techniques to help individuals navigate the demands of their work and personal lives more effectively.

## **Finding the Right OHSU March Wellness Activity for You**

Choosing the right wellness activity depends on your individual needs and preferences. Consider what areas of your well-being need the most attention. Are you struggling with stress management? Do you need to increase your physical activity? Or are you looking for ways to improve your diet and nutrition? Once you've identified your priorities, you can browse the available OHSU March wellness offerings and select the activities that best align with your goals. Remember, even participating in just one or two activities can make a significant difference in your overall well-being.

## **Accessing OHSU March Wellness Hours Information**

To access the most up-to-date schedule of OHSU March wellness hours and activities, check the following resources:

**OHSU Intranet:** This internal platform is often the primary source of information for employees and students.

**Employee Wellness Portal:** Many OHSU wellness programs are managed through a dedicated

employee portal.

OHSU Events Calendar: Check for upcoming events and wellness workshops.

Departmental Emails and Announcements: Your department may send out specific communications regarding wellness activities.

## Conclusion

Investing in your well-being is not a luxury; it's a necessity. OHSU's commitment to providing diverse and accessible wellness programs in March underscores their dedication to supporting the holistic health of their community. By taking advantage of these valuable resources, you can empower yourself to navigate the transition into spring with renewed energy, focus, and a stronger sense of self-care. So, take a look at the available options, find what resonates with you, and prioritize your well-being this March!

## Frequently Asked Questions (FAQs)

1. Are OHSU March wellness hours open to everyone? While many programs are designed for OHSU employees and students, some may be open to the wider community. Check the specific event details for eligibility.
1. Do I need to register for OHSU March wellness activities? Registration is usually required for most activities to ensure sufficient resources and space. Check the event details for registration instructions.
1. Are the OHSU March wellness activities free of charge? Some activities may be free, while others may have a nominal fee. The cost will be clearly indicated on the event listings.
1. What if I miss a session? Depending on the activity, there may be recordings available, or you may be able to attend another session if the program runs multiple times.
1. How can I provide feedback on OHSU March wellness hours? Most programs provide feedback mechanisms, either online or via email, to allow participants to share their experiences and suggestions for improvement. Look for these options on the program's website or event materials.

**ohsu march wellness hours: Finding What Works in Health Care** Institute of Medicine, Board on Health Care Services, Committee on Standards for Systematic Reviews of Comparative Effectiveness Research, 2011-07-20 Healthcare decision makers in search of reliable information that compares health interventions increasingly turn to systematic reviews for the best summary of the evidence. Systematic reviews identify, select, assess, and synthesize the findings of similar but separate studies, and can help clarify what is known and not known about the potential benefits and harms of drugs, devices, and other healthcare services. Systematic reviews can be helpful for clinicians who want to integrate research findings into their daily practices, for patients to make well-informed choices about their own care, for professional medical societies and other organizations that develop clinical practice guidelines. Too often systematic reviews are of uncertain or poor quality. There are no universally accepted standards for developing systematic reviews leading to variability in how conflicts of interest and biases are handled, how evidence is appraised, and the overall scientific rigor of the process. In *Finding What Works in Health Care* the Institute of Medicine (IOM) recommends 21 standards for developing high-quality systematic reviews of comparative effectiveness research. The standards address the entire systematic review process from the initial steps of formulating the topic and building the review team to producing a detailed final report that synthesizes what the evidence shows and where knowledge gaps remain. *Finding What Works in Health Care* also proposes a framework for improving the quality of the science underpinning systematic reviews. This book will serve as a vital resource for both sponsors and producers of systematic reviews of comparative effectiveness research.

**ohsu march wellness hours: *Handbook of Medical Physics*** Robert G. Waggener, James G. Kereiakes, Robert J. Shalek, 1982

**ohsu march wellness hours: *The Future of Nursing*** Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 *The Future of Nursing* explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

**ohsu march wellness hours: *Labor-based Grading Contracts*** Asao B. Inoue, 2019 Asao B. Inoue argues for the use of labor-based grading contracts along with compassionate practices to determine course grades as a way to do social justice work with students.

**ohsu march wellness hours: *Eliminating Inequities for Women with Disabilities*** Shari E. Miles-Cohen, Caroline Signore, 2016 Women with disabilities often have difficulty accessing health care services, and the quality of the health care they do receive is often worse than the care received by women without disabilities and men with disabilities. The consequences of these disparities include increased prevalence of secondary complications, diminished quality of life, and even premature death. In this book, researchers from a range of disciplines, with expertise in a range of disabilities, investigate the causes and consequences of these health care disparities and offer plans for action to improve wellness, health promotion, and disease prevention among this broad yet consistently underserved population. Using an integrated care framework as a foundation, authors

tackle the structural, environmental, and social barriers that prevent women with disabilities from accessing effective and culturally-competent care and services, and address related issues including psychosocial health, interpersonal violence, health care policy, health promotion, disease prevention programs, and telehealth, as well as reproductive and sexual health, and dental care.

**ohsu march wellness hours:** Core Entrustable Professional Activities for Entering Residency Association of American Medical Colleges, 2014-05-28 This landmark publication published by the AAMC identifies a list of integrated activities to be expected of all M.D. graduates making the transition from medical school to residency. This guide delineates 13 Entrustable Professional Activities (EPAs) that all entering residents should be expected to perform on day 1 of residency without direct supervision regardless of specialty choice. The Core EPAs for Entering Residency are designed to be a subset of all of the graduation requirements of a medical school. Individual schools may have additional mission-specific graduation requirements, and specialties may have specific EPAs that would be required after the student has made the specialty decision but before residency matriculation. The Core EPAs may also be foundational to an EPA for any practicing physician or for specialty-specific EPAs. Update: In August 2014, the AAMC selected ten institutions to join a five-year pilot to test the implementation of the Core Entrustable Professional Activities (EPAs) for Entering Residency. More than 70 institutions, representing over half of the medical schools accredited by the U.S. Liaison Committee on Medical Education (LCME), applied to join the pilot, demonstrating the significant energy and enthusiasm towards closing the gap between expectations and performance for residents on day one. The cohort reflects the breadth and diversity of the applicant pool, and the institutions selected are intended to complement each other through the unique qualities and skills that each team and institution brings to the pilot. Faculty and Learners' Guide (69 pages) - Developing faculty: The EPA descriptions, the expected behaviors, and the vignettes are expected to serve as the foundation for faculty development. Faculty can use this guide as a reference for both feedback and assessment in pre-clinical and clinical settings.- Developing learners: Learners can also use this document to understand the core of what is expected of them by the time they graduate. The EPA descriptions themselves delineate the expectations, while the developmental progression laid out from pre-entrustable to entrustable behaviors can serve as the roadmap for achieving them.

**ohsu march wellness hours:** *You Are What Your Grandparents Ate* Judith Finlayson, 2019 Learn how to live a healthy life and leave a legacy of wellness by looking both to the past and to the future. *You Are What Your Grandparents Ate* takes conventional wisdom about the origins of chronic disease and turns it upside down. Rooted in the work of the late epidemiologist Dr. David Barker, it highlights the exciting research showing that heredity involves much more than the genes your parents passed on to you. Thanks to the relatively new science of epigenetics, we now know that the experiences of previous generations may show up in your health and well-being. Many of the risks for chronic diseases -- including obesity, type 2 diabetes, high blood pressure, heart disease and dementia -- can be traced back to your first 1,000 days of existence, from the moment you were conceived. The roots of these vulnerabilities may extend back even further, to experiences your parents and grandparents had -- and perhaps even beyond. Similarly, what happens to you will affect your children and grandchildren. That's why it's so important to make good dietary choices, get a suitable amount of exercise and be cautious about exposure to toxins. Positive lifestyle changes have been shown to spark epigenetic adjustments that can lead to better health, not only for yourself, your offspring and their children, but also for generations to come. This book makes hard science accessible. It is a call to action for social as well as personal change, delivering the message that by changing our own health, we can also influence the future of the world.

**ohsu march wellness hours:** Relax Into Yoga for Seniors Kimberly Carson, Carol Krucoff, 2016-11 Relax into Yoga for Seniors presents twelve principles of yoga practice for seniors, including those with limited mobility. This evidence-based workbook will guide you safely—step-by-step, and with posture illustrations—on a six-week program for improved balance, flexibility, and overall well-being. Managing the emotional and physical challenges that come with

aging can be difficult. Seniors face a number of age-related issues, such as chronic pain, hypertension, heart disease, osteoporosis, arthritis, and anxiety and depression. And while some people may consider yoga a young person's practice, there is a growing body of evidence that suggests yoga can be beneficial for a wide variety of age-related ailments. *Relax Into Yoga for Seniors*—based on the innovative Yoga for Seniors program, and including new material for fans of the *Relax Into Yoga for Seniors DVD*—provides a step-by-step guide that combines the best of modern, evidence-based medicine with the ancient wisdom, experience, and tradition of yogic teachings. With this book, you'll explore what yoga is and how to do it safely, including important movement considerations like how to get up and down from the floor with care, and how to stand and sit with healthy postural alignment. With this popular program, you'll be able to create a safe and effective individualized practice that will address your needs, take personal limitations into consideration, and help you relieve pain, become more flexible and active, and connect more deeply with your inner experience. *Relax into Yoga for Seniors* includes free downloadable guided audio practices and printable PDFs. Instructions for downloading these extra features can be found on page 229 of the book.

**ohsu march wellness hours: *Radiation Therapy Physics*** Alfred R. Smith, 2013-11-11 The aim of this book is to provide a uniquely comprehensive source of information on the entire field of radiation therapy physics. The very significant advances in imaging, computational, and accelerator technologies receive full consideration, as do such topics as the dosimetry of radiolabeled antibodies and dose calculation models. The scope of the book and the expertise of the authors make it essential reading for interested physicians and physicists and for radiation dosimetrists.

**ohsu march wellness hours: *Find Your Peace*** Rodica Malos, 2020-02-04 Your best prescription goes beyond science. This book will help transform your way of thinking and give you tools to change your life and even your eternity. It will help you cope with stress and others and change the world around you. Despite health care professionals' constant efforts to educate, entice, advise, convince, indoctrinate, and persuade patients with smooth talk, bribes, guilt, and manipulation to make people understand and follow medical advice, the results are often minimal. People continue to suffer from various diseases and chronic conditions. Many still die prematurely from high levels of stress caused by fear, worry, anxiety, and depression. Even with so much knowledge, the gaps in the way people manage stressors in their daily lives needs to be addressed. In *Find Your Peace*, Dr. Rodica Malos tackles this universal topic head-on. Brimming with medical research, basic brain chemistry, and scriptural wisdom, this powerful, encouraging book reveals how the divine design of the human body functions most perfectly when a person's thought life aligns with God's instructions (prescriptions beyond science). God's divine prescriptions and timeless truths will transform, comfort, sustain, and heal. Readers will learn to confront their fear, anxiety, and depression with supernatural resources and develop a healthier lifestyle full of blessings and peace.

**ohsu march wellness hours: *Dying for help*** United States. Congress. House. Committee on Government Reform. Subcommittee on Human Rights and Wellness, 2004

**ohsu march wellness hours: *Suggestive Therapeutics*** , 1899

**ohsu march wellness hours: *Equal Access for Students with Disabilities*** Lisa M. Meeks, PhD, Neera R. Jain, MS, CRC, Elisa Laird, JD, 2020-11-28 Note to Readers: Publisher does not guarantee quality or access to any included digital components if book is purchased through a third-party seller. A vital resource for ensuring students with disabilities have access to appropriate, legal, and necessary accommodations Now in its second edition, this book on disability inclusion in the health sciences remains the most comprehensive, critically and legally informed guidance available to health science programs. Grounded in the ADA, case law, and OCR determinations, this seminal text delivers information that is translatable to daily practice. The second edition focuses on disability as a welcome form of diversity, with concomitant changes to language and approach that promote disability inclusion. New chapters and updates on topics including technical standards; a new appendix to guide faculty communication; and revised advice throughout, provide faculty, student affairs and disability professionals with the most up-to-date practices. The text delivers updated

legal guidance and case references, assistance in benchmarking office policies and practices, new case studies, and a review chapter for teaching and assessing learning. New examples impart the best decision-making practices, describe what to do when things go awry, and discuss how to avoid problems by implementing strong accessibility-focused policies. Written by noted educators and practitioners at prestigious health science schools, this text is backed by years of practice and expertise. It is written in an easy-to-read, engaging manner that makes disability inclusion and disability law accessible to all. New to the Second Edition: Focus on the importance of fully-inclusive education for health care practitioners Real-world informed case studies that demonstrate best practices New and updated advice highlighting recent legal decisions New chapter on technical standards Updated guidance to inform office policies and practices Chapter specific review questions for teaching and self-assessment Expanded discussion of clinical accommodations Updated guides for high stakes exams, including new personal statement prompts Communication guide for faculty Key Features: Addresses all aspects of disability, including disability law, for students in health science settings Delivers information directly applicable to practice Accessibly written by esteemed and experienced practitioners and educators Includes easy-to-follow flowcharts Supports professional development in an affordable format

**ohsu march wellness hours:** *Boy Mom* Monica Swanson, 2019-08-06 This guidebook, packed with wisdom, practical advice, resources, and encouragement, explores how moms can equip their sons with what they most need to succeed in life. Monica Swanson knew she'd tapped a heartfelt concern when nearly two million readers shared her blog post What a Teenage Boy Needs Most from His Mom. In this helpful book, she takes mothers deeper into the insights they need for the boy-raising journey, covering topics from dealing with the daily influences of friends and technology to helping a boy grow to be physically, spiritually, and emotionally healthy. She also addresses learning and finding passions, perspectives on relationships and dating, and work ethics and money management. Each chapter features relatable stories, handy checklists, and practical advice based on a combination of research, experience, and biblical truth to guide and equip a mom in helping her son achieve his God-given potential. Praise for *Boy Mom* "In *Boy Mom* Monica Swanson offers readers practical advice and resounding hope that parenting our sons well through all seasons is not only possible but also enjoyable. This book is like an essential trail guide that I'll refer to again and again in the beautiful and challenging adventure of motherhood."—Becky Keife, author of *No Better Mom for the Job* and mom of three spirited boys "Monica Swanson is the friend we all need in our lives: humble, straightforward, warm, full of wisdom, and short on nonsense—and she knows her stuff like no one else. In *Boy Mom* she holds the bar high yet is forthcoming about her own struggles and imperfections. Inside these pages you'll find deeply rooted biblical and practical advice along with calls to action when you don't know where to start. The *Boy Mom* Manifesto at the end will not only inspire you but also make your heart swell."—Kate Merrick, author of *Here, Now: Unearthing Peace and Presence in an Overconnected World* "Monica Swanson is the ultimate *Boy Mom* mentor. While her perspective on parenting is grounded in biblical wisdom, each chapter holds excellent practical tools for how to work out that wisdom on a daily basis in our homes. Of course, we know there aren't formulas that will ensure we get it all right, but we also know that gleaning wisdom from women who have gone before us (and are still in the trenches with us) is invaluable in the wonderful adventure of helping boys become all God created them to be."—Jeannie Cunnion, author of *Mom Set Free*

**ohsu march wellness hours:** *Child and Adolescent Anxiety Psychodynamic Psychotherapy* Sabina E. Preter, Theodore Shapiro, Barbara Milrod, 2018-07-16 *Child and Adolescent Anxiety Psychodynamic Psychotherapy*, CAPP, is a new, manualized, tested, 24-session psychotherapeutic approach to working psychodynamically with youth with anxiety disorders. This book describes how clinicians intervene by collaboratively identifying the meanings of anxiety symptoms and maladaptive behaviors and to communicate the emotional meaning of these symptoms to the child. The treatment is conducted from a developmental perspective and the book contains clinical examples of how to approach youth of varying ages. The authors demonstrate that CAPP can help

youth: · Reduce anxiety symptoms by developing an understanding of the emotional meaning of symptoms · Enhance children's skill of reflection and self-observation of one's own and others' motivations (improvement in symptom-specific reflective functioning) · Diminish use of avoidance, dependence and rigidity by showing that underlying emotions (e.g. guilt, shame, anger), as well as conflicted wishes and desires can be tolerated and understood · Understand fantasies and personal emotional significance surrounding the anxiety symptoms to reduce symptoms' magical qualities and impact on the child The manual provides a description of psychodynamic treatment principles and technique and offers a guide to opening, middle, and termination phases of this psychotherapy. It contains chapters on the historical background of psychodynamic child psychotherapy, on developmental aspects of child psychotherapy, and on the nature of parent involvement in the treatment. It will be useful for clinicians from diverse therapy backgrounds and it will appeal to the student reader, as well as to the experienced clinician.

**ohsu march wellness hours:** The Master Adaptive Learner William Cutrer, Martin Pusic, Larry D Gruppen, Maya M. Hammoud, Sally A. Santen, 2019-09-29 Tomorrow's best physicians will be those who continually learn, adjust, and innovate as new information and best practices evolve, reflecting adaptive expertise in response to practice challenges. As the first volume in the American Medical Association's MedEd Innovation Series, The Master Adaptive Learner is an instructor-focused guide covering models for how to train and teach future clinicians who need to develop these adaptive skills and utilize them throughout their careers. - Explains and clarifies the concept of a Master Adaptive Learner: a metacognitive approach to learning based on self-regulation that fosters the success and use of adaptive expertise in practice. - Contains both theoretical and practical material for instructors and administrators, including guidance on how to implement a Master Adaptive Learner approach in today's institutions. - Gives instructors the tools needed to empower students to become efficient and successful adaptive learners. - Helps medical faculty and instructors address gaps in physician training and prepare new doctors to practice effectively in 21st century healthcare systems. - One of the American Medical Association Change MedEd initiatives and innovations, written and edited by members of the ACE (Accelerating Change in Medical Education) Consortium - a unique, innovative collaborative that allows for the sharing and dissemination of groundbreaking ideas and projects.

**ohsu march wellness hours:** Practice Dentistry Pain-Free Bethany Valachi, 2008-01-01 In her groundbreaking new book, Bethany Valachi has taken the problem of work-related pain in dentistry and distilled it into the basic 'whys' and 'hows' that are imperative to effective injury prevention and treatment. Solidly backed with over 300 scientific references, this comprehensive wellness guide raises the bar in the industry—bridging the gap between occupational pain and dental ergonomics. Dentists, hygienists, assistants, faculty and students will find this book a valuable resource to: · Recognize pain syndromes unique to dentistry · Implement appropriate interventions for chronic back, neck, shoulder, hand or wrist pain · Select the proper equipment that fits you and your operatory · Correct damaging posture and body mechanics before they cause pain · Perform chairside stretches in your operatory to prevent microtrauma · Identify which exercises benefit dental professionals and which ones to avoid Healthcare professionals who treat dental professionals will find the book an invaluable resource to alleviate chronic pain syndromes.

**ohsu march wellness hours:** All the Things We Never Knew Sheila Hamilton, 2015-10-13 Even as a reporter, Sheila Hamilton missed the signs as her husband David's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and passionate partner was dead within six weeks of a diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. All the Things We Never Knew details the unsettling descent from ordinary life into the world of mental illness, and examines the fragile line between reality and madness. --

**ohsu march wellness hours:** The Four Things That Matter Most - 10th Anniversary

**Edition** Ira Byock, 2004-03-08 "This beautiful book, full of wisdom and warmth, teaches us how to protect and preserve our most valuable possessions—the relationships with those we love. It shows that the things that matter definitely aren't 'things,' and how to empower your life in the right direction." —Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People* Four simple phrases—"Please forgive me," "I forgive you," "Thank you," and "I love you"—carry enormous power to mend and nurture our relationships and inner lives. These four phrases and the sentiments they convey provide a path to emotional wellbeing, guiding us through interpersonal difficulties to life with integrity and grace. Newly updated with stories from people who have turned to this life-altering book in their time of need, this motivational teaching about what really matters reminds us how we can honor each relationship every day. Dr. Ira Byock, an international leader in palliative care, explains how we can practice these life-affirming words in our day-to-day lives. Too often we assume that the people we love really know that we love them. Dr. Byock demonstrates the value of "stating the obvious" and provides practical insights into the benefits of letting go of old grudges and toxic emotions. His stories help us to forgive, appreciate, love, and celebrate one another and live life more fully. Using the Four Things in a wide range of life situations, we can experience emotional healing even in the wake of family strife, personal tragedy, divorce, or in the face of death. With practical wisdom and spiritual power, *The Four Things That Matter Most* gives us the language and guidance to honor and experience what really matters most in our lives every day.

**ohsu march wellness hours: *Relax Into Yoga for Chronic Pain*** Jim Carson, Kimberly Carson, Carol Krucoff, 2020-01-02 Yoga is a powerful and proven-effective practice for managing pain and building physical and psychological resilience. In the *Relax into Yoga for Pain Relief*, readers will learn to relax their bodies with gentle poses and calm their minds using the ancient wisdom of yoga—bringing relief to both the physical and mental suffering caused by chronic pain.

**ohsu march wellness hours: *Lead Like a Nurse*** Jeffrey M. Adams, 2018 Teaches you how to create your own definition of good leadership; develop your own leadership style that works for your situation; add to your leadership toolbox with the various models, vignettes, case studies, and reflective questions; and apply what you learn immediately into practice.

**ohsu march wellness hours: *Collaborative Problem Solving*** Alisha R. Pollastri, J. Stuart Ablon, Michael J.G. Hone, 2019-06-06 This book is the first to systematically describe the key components necessary to ensure successful implementation of Collaborative Problem Solving (CPS) across mental health settings and non-mental health settings that require behavioral management. This resource is designed by the leading experts in CPS and is focused on the clinical and implementation strategies that have proved most successful within various private and institutional agencies. The book begins by defining the approach before delving into the neurobiological components that are key to understanding this concept. Next, the book covers the best practices for implementation and evaluating outcomes, both in the long and short term. The book concludes with a summary of the concept and recommendations for additional resources, making it an excellent concise guide to this cutting edge approach. Collaborative Problem Solving is an excellent resource for psychiatrists, psychologists, social workers, and all medical professionals working to manage troubling behaviors. The text is also valuable for readers interested in public health, education, improved law enforcement strategies, and all stakeholders seeking to implement this approach within their program, organization, and/or system of care.

**ohsu march wellness hours: *Current Trends in Orthopaedic Surgery*** Charles Samuel Bernard Galasko, Jonathan Noble, 1988

**ohsu march wellness hours: *Maternal Immunization*** Elke Leuridan, Marta Nunes, Chrissie Jones, 2019-11-26 Immunization during pregnancy with currently recommended vaccines prevents infection in the mother, the unborn fetus, and the young infant, and there is an increasing focus from different stakeholders to use this approach for other infections of importance to protect these vulnerable groups. The aim of this *Maternal Immunization* book is to provide a contemporary overview of vaccines used in pregnancy (and the lactation period), with emphasis on aspects of importance for the target groups, namely, rationale for the use of vaccines in pregnancy, safety,

immunogenicity (immunology), timing to vaccinate, repeat doses, protective effects in the mother, fetus, and infant, and public acceptance and implementation, of existing and of future vaccines. - Provides an overview of a quickly evolving topic. This will benefit the reader who wishes to rapidly become informed and up-to-date with new developments in this field - Suitable to a broad audience: scientific researchers, obstetricians, gynecologists, neonatologists, vaccinators, pediatricians, students, and industry. Maternal vaccination impacts a wide range of specialists - Allows health care professionals/researchers to gain insight into other aspects of vaccination in pregnancy outside of their specialism - Is coauthored by specialists from multiple disciplines, providing a diverse view of the subject, increasing its interest and appeal - Creates awareness of the current developments in this area of medicine and of the potential of maternal vaccination to improve the health of mothers and infants worldwide

**ohsu march wellness hours: Sacred Pathways** Gary Thomas, 2020-09-08 Sacred Pathways reveals nine distinct spiritual temperaments--and their strengths, weaknesses, and tendencies--to help you improve your spiritual life and deepen your personal walk with God. It's time to strip away the frustration of a one-size-fits-all spirituality and discover a path of worship that frees you to be you. Experienced spiritual directors, pastors, and church leaders recognize that all of us engage with God differently, and it's about time we do too. In this updated and expanded edition of Sacred Pathways, Gary Thomas details nine spiritual temperaments and--like the Enneagram and other tools do with personality--encourages you to investigate the ways you most naturally express yourself in your relationship with God. He encourages you to dig into the traits, strengths, and pitfalls in your devotional approach so you can eliminate the barriers that keep you locked into rigid methods of worship and praise. Plus, as you begin to identify and understand your own temperament, you'll soon learn about the temperaments that aren't necessarily you but that may help you understand the spiritual tendencies of friends, family, and others around you. Whatever temperament or blend of temperaments best describes you, rest assured it's not by accident. It's by the design of a Creator who knew what he was doing when he made you according to his own unique intentions. If your spiritual walk is not what you'd like it to be, you can change that, starting here. Sacred Pathways will show you the route you were made to travel, marked by growth and filled with the riches of a close walk with God. A Sacred Pathways video Bible study is also available for group or individual use, sold separately.

**ohsu march wellness hours: Becoming a Student-Ready College** Tia Brown McNair, Susan Albertine, Michelle Asha Cooper, Nicole McDonald, Thomas Major, Jr., 2016-07-25 Boost student success by reversing your perspective on college readiness The national conversation asking Are students college-ready? concentrates on numerous factors that are beyond higher education's control. Becoming a Student-Ready College flips the college readiness conversation to provide a new perspective on creating institutional value and facilitating student success. Instead of focusing on student preparedness for college (or lack thereof), this book asks the more pragmatic question of what are colleges and universities doing to prepare for the students who are entering their institutions? What must change in an institution's policies, practices, and culture in order to be student-ready? Clear and concise, this book is packed with insightful discussion and practical strategies for achieving your ambitious student success goals. These ideas for redesigning practices and policies provide more than food for thought—they offer a real-world framework for real institutional change. You'll learn: How educators can acknowledge their own biases and assumptions about underserved students in order to allow for change New ways to advance student learning and success How to develop and value student assets and social capital Strategies and approaches for creating a new student-focused culture of leadership at every level To truly become student-ready, educators must make difficult decisions, face the pressures of accountability, and address their preconceived notions about student success head-on. Becoming a Student-Ready College provides a reality check based on today's higher education environment.

**ohsu march wellness hours: The Multiple Sclerosis Diet Book** Roy Laver Swank, Barbara Brewer Dugan, 2011-06-08 Swank and Dugan provide complete background information on the

development of the diet and the clinical tests that have proven its effectiveness. In addition to helpful sections on the lifestyle of the M.S. patient, Swank and Dugan offer tips on sticking to the diet, equipping the kitchen, shopping for healthful food, eating out (with some pertinent information on fast-food restaurants), and keeping the careful dietary records that are essential to continuing good nutrition. This is the low-fat diet that works in reducing the number and severity of relapses in M.S. patients — and *The Multiple Sclerosis Diet Book* provides the nutritious and tasty recipes that M.S. patients and their families can live with for years to come.

**ohsu march wellness hours:** *How the Soviet Jew Was Made* Sasha Senderovich, 2022-07-05 In post-1917 Russian and Yiddish literature, films, and reportage, Sasha Senderovich finds a new cultural figure: the Soviet Jew. Suddenly mobile after more than a century of restrictions under the tsars, Jewish authors created characters who traversed space and history, carrying with them the dislodged practices and archetypes of a lost world.

**ohsu march wellness hours:** *How to Teach Nutrition to Kids* Connie Liakos Evers, 2006 Create a new nutrition culture for kids! Completely revised and updated, this resource promotes positive attitudes about food, fitness and body image. Features hundreds of fun, hands-on nutrition education activities aimed at children ages 6-12.

**ohsu march wellness hours:** *Topics in Neuroendocrinology* J. Ariëns Kappers, J. P. Schadé, 1972

**ohsu march wellness hours:** *The Alzheimer's Prevention Program* Gary Small, Gigi Vorgan, 2012-12-11 Want to keep Alzheimer's at bay for years—ideally, forever? Prevention is the way, and this is the guide. Now in paperback and updated throughout, *The Alzheimer's Prevention Program* is essential for everyone with a family history of Alzheimer's, and for the 80 million baby boomers who worry whenever they forget someone's name. It's the book that shows how to strengthen memory and avoid everyday lapses. How to incorporate the top ten brain-protecting foods into your diet. How to cross-train your brain, exercising both the right and left hemisphere. And how to reduce stress, a risk factor for developing dementia and Alzheimer's, through meditation and 11 other relaxation strategies. Written by the New York Times bestselling authors of *The Memory Bible*, this book is an easy-to-follow regimen based on the latest comprehensive research into Alzheimer's disease, and especially the critical connection between lifestyle and susceptibility. The paperback edition is updated with a brand-new section that answers the most compelling questions asked of Dr. Small after publication of the first edition, including: the power of exercise to offset a genetic predisposition; antibodies that can clear Alzheimer's plaques from the brain; and promising new treatments, from drugs to deep brain stimulation. It's the science-based, breakthrough program that will bring mental clarity to every day and help you take control of your brain's health.

**ohsu march wellness hours:** *Tinnitus Treatment* Richard S. Tyler, 2011-01-01 Detailed protocols on tinnitus treatment and therapy Most clinicians have little experience with tinnitus treatments, and are unsure of how to help a patient suffering from the condition. Filling a significant gap in literature, this book offers a variety of in-depth protocols to treat tinnitus. Beginning with a review of several neurophysiological and psychological models of tinnitus, the book goes on to cover evaluation tools; counseling options and methods; treatment with hearing aids, wearable and non-wearable noise generators, and music; tinnitus-related insomnia; quality-of-life issues; and much more. Highly experienced clinicians give you the practical strategies to apply such therapeutic modalities as cognitive-behavioral therapy, individual and group sessions, sound therapy, habituation therapy, and narrative therapy. You will also find sample handouts to allow for effective communication with patients. With key clinical information for implementing all current therapies, this text is an essential professional tool for audiologists, psychologists, and other practitioners involved in managing otologic disorders. Richard Tyler, PhD, is a professor in the Department of Otolaryngology-Head Neck Surgery and in the Department of Speech Pathology and Audiology at the University of Iowa. Tyler and Sergei Kochkin, PhD recently sat down to talk about the results of a survey they conducted about tinnitus treatment and the effectiveness of hearing aids, which was

published in the December 2008 edition of The Hearing Review. Click here to learn more and to watch a podcast that examines the survey results:

<http://www.hearingreview.com/podcast/files/ST20081218.asp>.

**ohsu march wellness hours:** *Rural Health Care* United States. Congress. Senate. Committee on Appropriations, 1994

**ohsu march wellness hours: Culturally Responsive Teaching** Geneva Gay, 2010 The achievement of students of color continues to be disproportionately low at all levels of education. More than ever, Geneva Gay's foundational book on culturally responsive teaching is essential reading in addressing the needs of today's diverse student population. Combining insights from multicultural education theory and research with real-life classroom stories, Gay demonstrates that all students will perform better on multiple measures of achievement when teaching is filtered through their own cultural experiences. This bestselling text has been extensively revised to include expanded coverage of student ethnic groups: African and Latino Americans as well as Asian and Native Americans as well as new material on culturally diverse communication, addressing common myths about language diversity and the effects of English Plus instruction.

**ohsu march wellness hours: Preventing Physician Burnout** Mph Diane W Shannon, MD, Mba Paul Dechant, MD, 2020-06 The COVID-19 pandemic has exacerbated burnout for clinicians and administrators alike, heightening the need for this practical guide that provides a comprehensive approach to empowering physicians while ensuring organizational resilience. In this second edition of *Preventing Physician Burnout: Curing the Chaos and Returning Joy to the Practice of Medicine*, doctors Paul DeChant and Diane Shannon define burnout, explore the consequences for physicians, patients, and the health care system, identify the underlying causes that are fueling the burnout epidemic, and provide case studies with specific interventions that have demonstrated success in healing the broken clinical workplace. Based on their experience and extensive interviews with experts in burnout, health care, and Lean management, they give voice to patient advocates, burnout researchers, leaders of health care organizations, and the physicians themselves. DeChant and Shannon also share examples of strategies that hospitals and physician practices across the United States are using to address the root causes of burnout among physicians, including action items for preventing burnout and curbing the crisis. It is hard to see how we can create the health care system we want and need on the backs of joyless and unengaged doctors. This well-written, practical book offers the prescription we need to address this crisis. Robert Wachter, MD, author of *The Digital Doctor: Hope, Hype, and Harm at the Dawn of Medicine's Computer Age*

**ohsu march wellness hours: Stop Physician Burnout** Dike Drummond, 2014-09-22 Physician Burnout to Your Ideal Practice is possible using this first comprehensive stress-reduction resource for practicing physicians. You can be a modern physician and have an extraordinary life when you learn and practice the tools in this book. Use this book to STOP the downward spiral of physician burnout with field-tested, doctor-approved techniques discovered through thousands of hours of one-on-one coaching with physicians facing career threatening burnout. Dr. Dike Drummond MD, CEO and founder of TheHappyMD.com will show you burnout's symptoms, effects, and complications; burnout's pathophysiology and four main causes; how to bypass the invisible doctor Mind Trash that gets in the way of your recovery; 14 proven burnout prevention techniques and FREE access to an additional 15 techniques on our Power Tools web page - a private resource library; and a step-by-step method to build a more Ideal Practice and a more balanced life whether or not you are suffering from burnout at the moment.

**ohsu march wellness hours: Notable Women of Portland** Tracy J. Prince and Zadie J. Schaffer, 2017 The story of Portland, Oregon, like much of history, has usually been told with a focus on male leaders. This book offers a reframing of Portland's history. Many women made their mark and radically changed the Oregon frontier, including Native Americans Polly Johnson and Josette Nouette; pioneers Minerva Carter and Charlotte Terwilliger; doctors Marie Equi, Mary Priscilla Avery Sawtelle, and Bethina Owens-Adair; artists Eliza Barchus and Lily E. White; suffragists Abigail Scott Duniway, Hattie Redmond, and Eva Emery Dye; lawyer Mary Gysin Leonard; Air Force pilot

Hazel Ying Lee; politicians Barbara Roberts and Margaret Carter; and authors Frances Fuller Victor, Beverly Cleary, Beatrice Morrow Cannady, Ursula Le Guin, and Jean Auel. These women, along with groups of women such as Wendy the Welders, made Portland what it is today.

**ohsu march wellness hours: Pediatric Practice Guidelines** Mikki Meadows-Oliver, PhD, PNP-BC, FAAN, 2020-10-01 Focusing on common pediatric conditions seen in primary care settings, this text provides novice, expert, and student nurse practitioners with increased knowledge on the most up to date recommendations about common childhood diseases and conditions. Health promotion and maintenance, child development, and family-centered care are consistently featured in each chapter, emphasizing the need to holistically care for a child based on their specific background and condition. Growth and developmental concepts are grounded in evidence-based research to help practitioners appreciate the physiologic and cognitive differences in children along with diverse community and cultural aspects of care. User-friendly information is consistently organized in outline/bulleted format to facilitate speedy access to vital knowledge. Organized by body system, each chapter provides the reader with useful information such as the etiology, epidemiology, clinical manifestations, physical findings, diagnostic tests, differential diagnosis, treatment, follow-up and complications, and family education. Case scenarios explore each topic further and include questions and answers that help the clinician choose the best intervention for the patient and their family. Key Features: Delivers comprehensive, evidence-based practice pediatric guidelines for experienced and novice clinicians Stresses the importance of the nurse's role in pediatric health promotion Written in outline/bulleted format for speedy access to key information Contains abundant case studies and related Q&As to determine the best intervention Includes a full-color image bank of dermatological conditions

**ohsu march wellness hours: The Seventh Wish** Kate Messner, 2017-06-13 When Charlie Brennan goes ice fishing on her town's frozen lake, she's hoping the fish she reels in will help pay for her dream: a fancy Irish dancing dress for her upcoming competition. But when Charlie's first catch of the day happens to be a talking fish offering her a wish in exchange for its freedom, her world quickly turns upside down, as her wishes go terribly and hilariously wrong. Just as Charlie is finally getting the hang of communicating with a magical wishing fish, a family crisis with her older sister brings reality into sharp focus. Charlie quickly learns that the real world doesn't always keep fairy-tale promises and life's toughest challenges can't be fixed by a simple wish . . . Acclaimed author Kate Messner expertly weaves fantasy into the ordinary, in an important story of self-reliance and hope that will open readers' eyes to the wonders and challenges of their world.

**ohsu march wellness hours: Optimal Resources for Surgical Quality and Safety** David B. Hoyt, Clifford Y. Ko, Rayford Scott Jones, 2017-07-21

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