



Thiébaud Faix via Unplash

Hello everyone,

First CONGRATULATIONS and big virtual hugs to our R5 residents who passed the FRCP exams and are moving on to a Fellowship or clinical practice. What a year to go through, you are all amazing!

How's everyone else doing?

I'm in a transitional state - emphasis on "state" - as I plan my retirement. Here's how it's going.

Connect Care arrives at the Grey Nuns Nov 2022, so I will exit Oct 31. Makes sense right?.

But then again how about this Xmas? Or on my 65th birthday? Or tomorrow? (Just kidding Dr S!)

This creates a very serene environment at home! Love this quote from Rita Rudner about marriage, "It is so great to find that one special person that you want to annoy for the rest of your life."

I've found a "wealth" of information on money and retirement but little that speaks to other aspects or is specific to physicians. So I called a psychologist friend for other resources and guess what?

I have my first session with a PFSP therapist next week! I've frequently publicized the AMA's PFSP helpline as a crisis resource, which it definitely is, but we can also get help for this kind of transition. I know many doctors and their children who have been supported through grief after the death of a parent, the stress of divorce and other difficult life events.

The PFSP offers AMA members and dependent family members 6 hours of free counseling per year. I'll keep you posted.

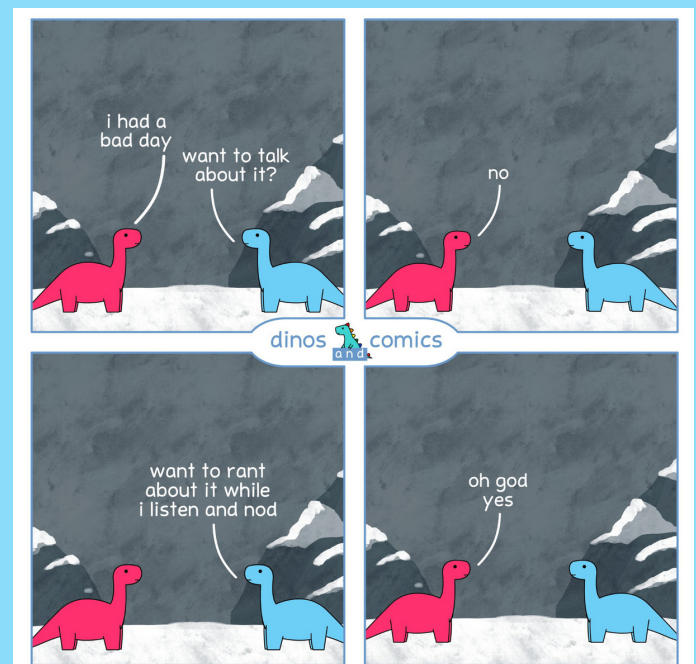
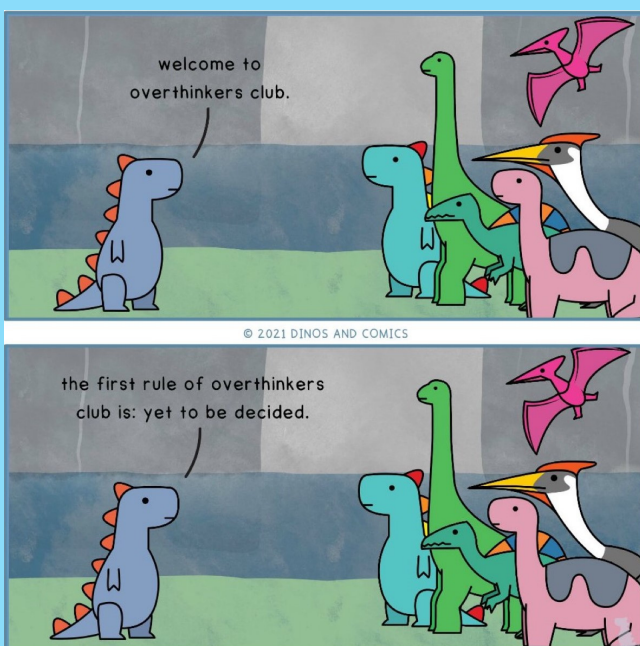




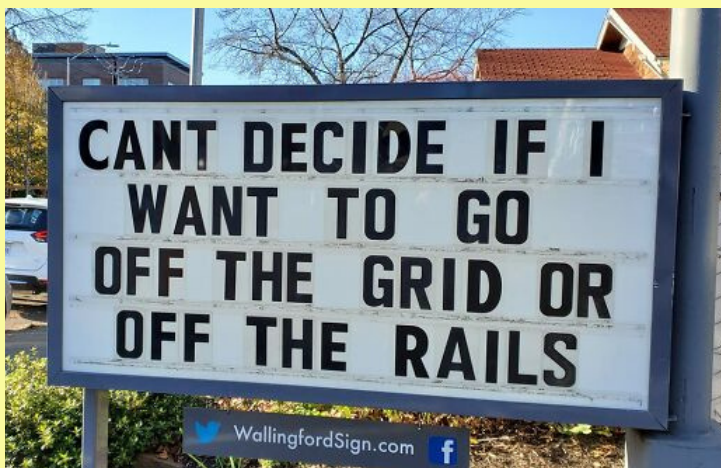
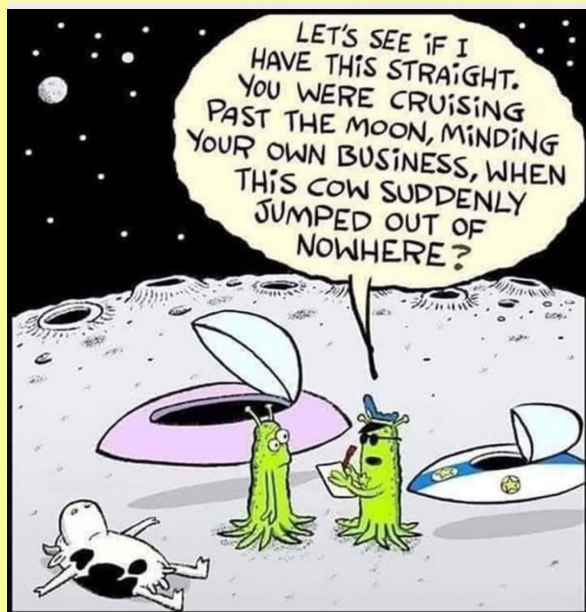
**Dr Jessie Gold** is an assistant professor of psychiatry at Washington University. She was one of Medscape's top 20 physician influencers on social media in 2019 mainly for her twitter account @drjessgold. Her interview with James from **Dino Comics** is [HERE](#)



"In the times before COVID-19, it was easier to draw a barrier between my life and my patients' lives, but it is so hard now." Dr Gold wrote an honest and vulnerable account of her own pandemic-related burnout [HERE](#)

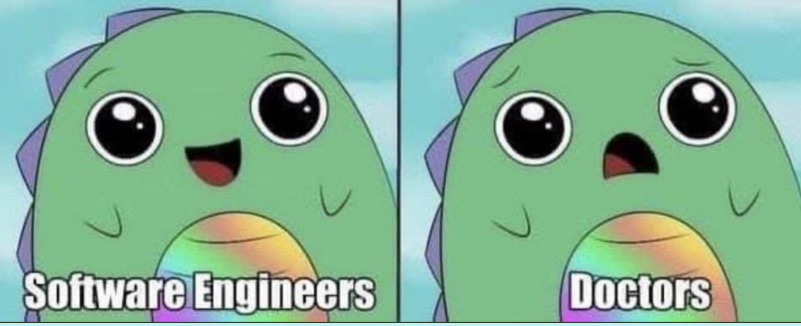






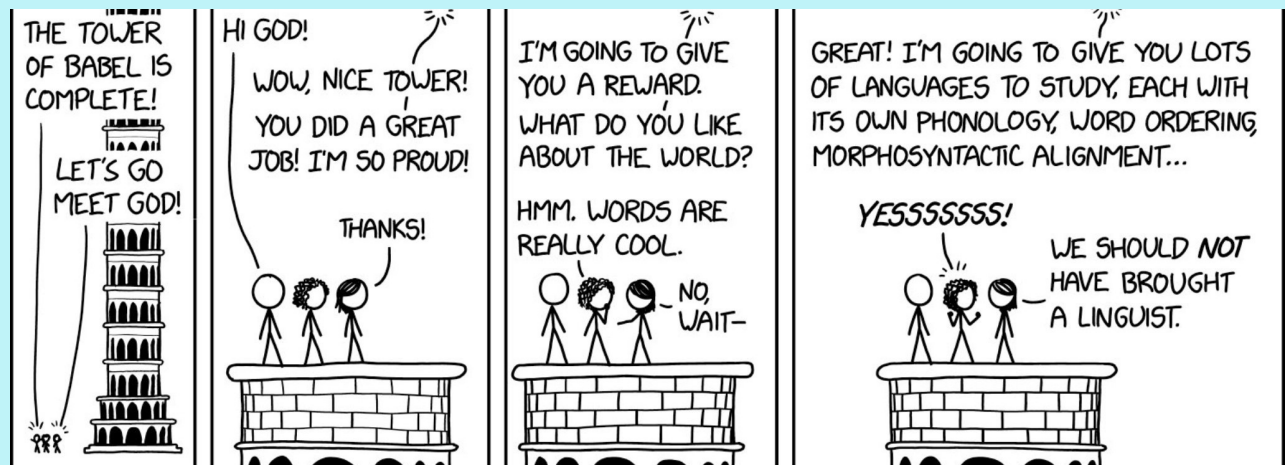


"Everyone on my floor is coding"



Before an emergency section

- Activate the anaesthetist, thea
- Have the mother breathe 100%
- Neutralize gastric contents wit







Sophie Marsham Hannah Peschar Sculpture Garden

### **Instructions on Not Giving Up**

More than the fuchsia funnels breaking out of the crabapple tree, more than the neighbor's almost obscene display of cherry limbs shoving their cotton candy-colored blossoms to the slate sky of Spring rains, it's the greening of the trees that really gets to me. When all the shock of white and taffy, the world's baubles and trinkets, leave the pavement strewn with the confetti of aftermath, the leaves come. Patient, plodding, a green skin growing over whatever winter did to us, a return to the strange idea of continuous living despite the mess of us, the hurt, the empty. Fine then, I'll take it, the tree seems to say, a new slick leaf unfurling like a fist to an open palm, I'll take it all.

**Ada Limón**

[Fireflycreativewriting.com](http://Fireflycreativewriting.com)



'Leap' by Victor Ngai

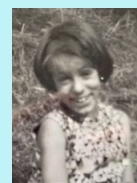
### Autobiography of Eve

Wearing nothing but snakeskin  
boots, I blazed a footpath, the first  
radical road out of that old kingdom  
toward a new unknown.  
When I came to those great flaming gates  
of burning gold,  
I stood alone in terror at the threshold  
between Paradise and Earth.  
There I heard a mysterious echo:  
my own voice  
singing to me from across the forbidden  
side. I shook awake -  
at once alive in a blaze of green fire.

Let it be known: I did not fall from grace.

I leapt  
to freedom.

Ansel Elkins



Thank you so much for reading,  
All good things, Sue