



Emory Wellness Wednesday
NEWSLETTER
 Volume #6
 April 22, 2020



DISCOUNTS & DEALS!

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This weekly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Our focus this week is on current deals and discounts available to healthcare providers. Please click the links for resources and information. Also, please submit your concerns and ideas to:
[The Wellness Committee](#)

DISCOUNTS & DEALS

Clothing/Shoes

- [Northface](#): 50% off until 12/31/2020
- [CROCS](#): line up for a free pair daily at 12pm

Gas

- [BP](#): 50c/gal off

Services

- Free Laundry at [Tide Cleaners Emory Village](#)
- Free Oil Change for all cars at [Mazda](#)
- Free access for 30 days for services at [Care.com](#)

COMMUNITY OUTREACH

For those looking to volunteer:

[Mercy Care: Meal Kit Donations](#)

(See page 3 for more information)

[The United Way](#)

EMORY UPDATES



Consider teaming up to donate food to the [EUHM & Grady L&D Sign Up](#)

Submit kudos to members of the [GYN/OB Department here](#)

FOOD DEALS

Skip the entry line with healthcare ID badge at Costco and Trader Joes

- [BJ's](#) dedicated shopping hour Sundays 8 – 9 am (No membership is required)
- Free dozen doughnuts on Mondays until 5/11 at [Krispy Kreme](#)
- Free tall brewed coffee until 5/3 at [Starbucks](#)

Additional deal lists [here](#) and [here](#)!

SELF-CARE

[Emory Support Wellness Links](#)

[FSAP Daily Refresh!](#)

Via Zoom daily, NOW at 4:30pm for 15 minutes

[Create a Time Capsule!](#)

[Mood Self-monitoring](#)

Save this page for daily use and weekly reports

Suicide Prevention: 1-800-273-TALK (8255)

Health Tip of the Week

Walking is an easy form of exercise – set a reward for meeting a walking goal or use it as a time to meditate.

KUDOS!!!

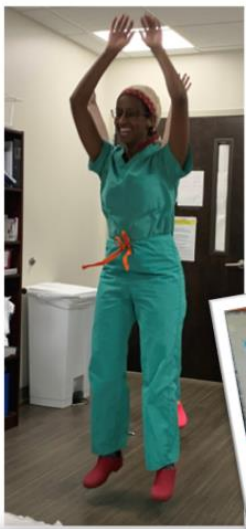
EUHM has received Baby Friendly Recertification!!!

Dr. Betsy Collins - Thank you for being our physician champion! The significant amount of work you did to prepare all of us for the [Baby Friendly EUHM] recertification visit is much appreciated! Great job!

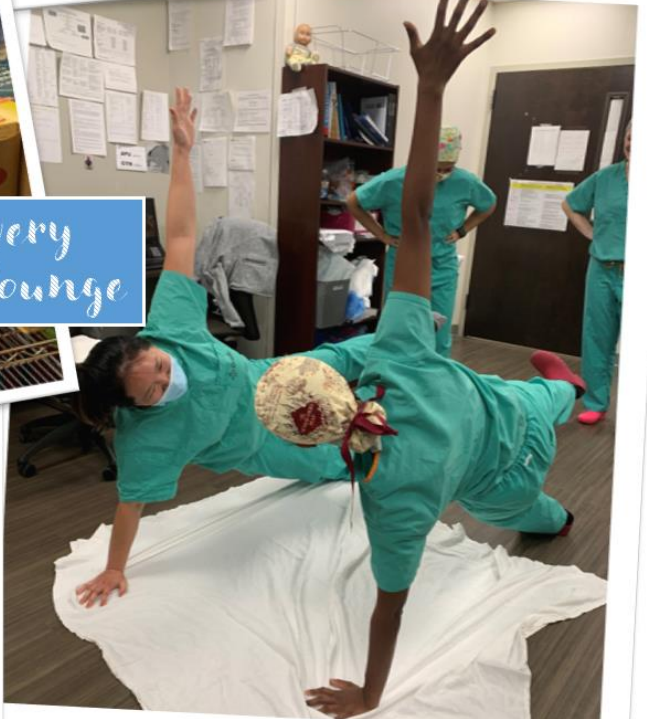
Additional Special shout outs to Drs. Cwiak, Horton, and Davis-Williams for supporting the policy changes that made this happen.



FRONTLINE MOMENTS



*STAT Delivery
to the labor lounge*



Meal Kit Donations



Thank you for donating to Mercy Care!
Big or small, your contribution is essential to our patients.

Kits will be given to patients who may have diabetes, hypertension or nut allergies. The following items are compatible with these dietary restrictions. Please place ONE INDIVIDUAL SERVING of each item into a kit.

Granola or Protein bar

Soft granola bar, around 100 calories, similar to Quaker "Chewy" and Kirkland Signature "Soft & Chewy" granola bars. Easy to chew for clients with dental concerns. Oatmeal raisin preferable to chocolate in summer months.

** Avoid peanut butter due to allergies. **



Ready to eat pasta

Spaghettios 7.5 oz cans
Chef Boyardee 7.5 oz "bowls" – various flavors. Ex: Ravioli, pasta in butter sauce, mac & cheese, spaghetti rings.



Cheese sandwich crackers

1.4 oz packs (6 crackers/pack)
Limit sodium to 350mg/pack or less. Avoid Keebler Pepper Jack flavor and "ToastChee" line by Lance.

Avoid peanut butter due to allergies



Fruit cup

4 oz
No sugar added



Salmon or Tuna pouch

2.5-2.6 oz
No seasoning preferred



Reusable or plastic bags



Kind notes (appreciated)



A Mercy Care label must be placed on each kit to indicate the earliest expiration date of included items.

Contact Nicole Smith (NSmith2@MercyAtlanta.org) to coordinate your donation.