



APRIL 2018
ISSUE 5

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Wellness - Did You Know?



Numerous studies have proven the many physiological benefits of meditation and the latest one comes from Harvard University. An eight week study conducted by Harvard researchers at Massachusetts General Hospital determined that meditation literally rebuilds the brain's gray matter in just eight weeks. It's the very first study to document that meditation produces changes in gray matter over time. The study involved taking magnetic resonance images (MRI) from 16 study participants two weeks prior to the study. MRI images were also taken after the study was completed. Analysis of the images, which focused on the areas where meditation-associated differences were seen in earlier studies, found increased gray-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection. For the study, participants engaged in meditation practices every day for approximately 30 minutes. These practices included focusing on audio recordings for guided meditation, and non-judgmental awareness of sensations, feelings, and state of mind.

Race of the Month!

Interested in starting to run, or looking for a good way to kick off your race season? Join us in the 2nd annual Hustle for the House 5k taking place at Clay Terrace! The race benefits our very own St. Vincent House. There is still plenty of time to train, even in a couch to 5k type plan! Afterwards enjoy a bloody mary, mimosa, or other beverage in a commemorative cup provided by race sponsors!
When: Saturday, April 21st
Race Time: 8:00am
Register today at: www.hustleforthehouse.com



Featured Recipe courtesy of Dr. Laurel Fick

Capers and Halibut



Recipe By: Barbara Tantrum

"This is a very easy seared halibut with a buttery wine and caper sauce! It takes hardly any time at all to make, but it is sure to leave a lasting impression."

Ingredients

- 1 tablespoon olive oil
- 2 (8 ounce) steaks halibut
- 1/2 cup white wine
- 1 teaspoon chopped garlic

Directions

- 1 Heat the olive oil in a large skillet over medium-high heat. Fry the halibut steaks on all sides until nicely browned. Remove from pan, and set aside.
- 2 Pour the wine into the pan, and use a spatula to scrape any browned bits from the bottom of the pan. Add the wine, butter and capers to the pan. Let the sauce simmer for a minute to blend the flavors. Return the steaks to the pan, and coat them with sauce. Cook until fish flakes easily with a fork. Serve fish immediately with the sauce from the pan poured over it.
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Upcoming Events:

- April 18—Resident Carnival 5-7pm
- April 21—Hustle for the House 5KRace
- April-May Outdoor Time Challenge
- June—Volunteer Activity

April Birthdays

- LINDSEY GRABBEK: 4/6
- ANDREW FORD: 4/14
- MICHAEL KASTER: 4/15
- BOB BLESSING: 4/17
- ELI CASALINI: 4/23
- JESSICA HOUK: 4/30

Interested in contributing? Email us at stvinwellsness@gmail.com



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Indy GTT (“Got to Try”)

Mimi Blue is a restaurant on the North end of Mass Ave. (and in Carmel) that specializes in Meatballs. It's rather up-scale with a nice atmosphere. Oh, and the meatballs are AMAZING. My favorite are the garlic ones.

<http://www.mimiblue.meatballs.com/>

870 Massachusetts Avenue, suite 400
Indianapolis, IN 46102



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Resident Spotlight

Dr. Nadine Shabeeb—Transitional Year



What is your hometown?

Dyer, IN aka the suburbs of Chicago aka the Region aka Not Gary

Future career goal?

Be the Leslie Knope of whatever I do

Favorite band/musical artist?

Post Malone, One Direction

How you like to spend your weekends off?

Spending time with my friends and family (especially my 2-year-old nephew) (and my husband), catching up on sleep, eating brunch, watching football

Best advice (medical or otherwise) anyone has ever given you?

"Whatever happens is the only thing that could have happened"

What would your career have been if you hadn't gone into medicine?

Sports journalist

What would you do if you won the lottery?

Set up a charity to help Syrian refugees

Favorite drink (alcoholic or not)?

Diet Coke (NOT Coke Zero, Omid)

Best way to unwind after a long day or week at work? Watching Parks and Rec or Friends, doing Pilates, or getting candy from Willette (thank you Willette!!)

Interested in contributing? Email us at stvinwellsness@gmail.com