



## Family Medicine Moments

June 29, 2023

Introduction: Wanting to end the year on a high note - Phil Fournier to the rescue!

Phil is a family doc in the Benedict Family Medicine practice and a Learning Communities Mentor (among other things) in the medical school. He often tells me how much he and sister enjoy the FMM. He has commented that he is not sure his writing is good enough to be posted. I beg to differ.

Phil is another person in our department who takes the time to notice and reflect. That is all that is needed here - and that is a lot. I love what he has written because I agree - we need to take more time to do gratitude reflections, for ourselves, for our colleagues, and for those who we barely know who make our lives a little easier each and every day. Enjoy your summer - see you in September. Please read, write, paint, doodle, take photos, go to an outdoor play, watch a movie - outside, outside myself, there is a world (William Carlos Williams). And if you think of it - share some of these with us here at the FMM.

**It's a team effort**

By Phillip Fournier

Two different events recently reminded me of the importance of those around you helping you succeed in whatever job\task you are doing.

I had the privilege of attending medical school graduation a few weekends ago as one of the Learning Community mentors. It is a long-standing tradition at graduation when marching into the tent to have a group of EBS workers (janitorial staff) applaud the graduating students. They clap until everyone passes their spot. I have seen this for countless graduations, and it is still emotional for me to see these workers appreciate and acknowledge the hard work of the students. These employees also work hard to keep our spaces neat and clean, especially the student spaces. They feel part ownership of our students' educational experiences and I could not agree more! It is a touching moment and one the students will never forget. [*ed. the Chancellor always reminds the students how special this is and to thank them back.*]

The other event was on a Sunday recently visiting my sister at a Boston hospital where she has been an in-patient for over a week. In came Maria, originally from Portugal, one of the EBS (janitorial service employees) who efficiently cleaned and sterilized the room getting ready for the new patient in the other bed. My awesomely friendly sister wanted to introduce me to Maria since she had been a regular in her room for the past week and she had bonded with her. What a joy Maria was to meet. She felt ownership of my sister's room wanting to take care of my sister like she was family. The pride in her work and the ownership of her job duties was impressive.

These two events are fleeting and quick but the timing of them both made me reflect on just how important the team around you is for your own success. Whether that be as a Learning Community Mentor helping students get through the rigors of medical school or treating our very complex and vulnerable patients through all their life crisis - we can't do it alone. My team of faculty, support staff, and student peer mentors help me tremendously with my duties as mentor. My team of super friendly support staff, nurses, and provider colleagues help me endlessly to help my patients get through all their life challenges.

Remember we cannot do it alone, so thank those around you and acknowledge the hard work they all do to support the work you do.

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