



## *Penn Presbyterian Continues, Expands Martin Luther King Day Tradition*

On Friday, January 16, Chaplain John Ehman and musician Byran Muller took Penn Presbyterian's 41st annual celebration in honor of Dr. Martin Luther King throughout PPMC. Joined by nurse Angie Medley (SNF) and Rev. Dennis Byrd, the group stopped at nursing stations and waiting areas in 15 places around the hospital, reaching a cumulative audience of about 140 people.

Shelly Flores, Guest Services Patient Family Liaison, noted that "despite the diversity of patient families sitting in the OR waiting room, everyone was brought together on one accord – good music with a universal message."

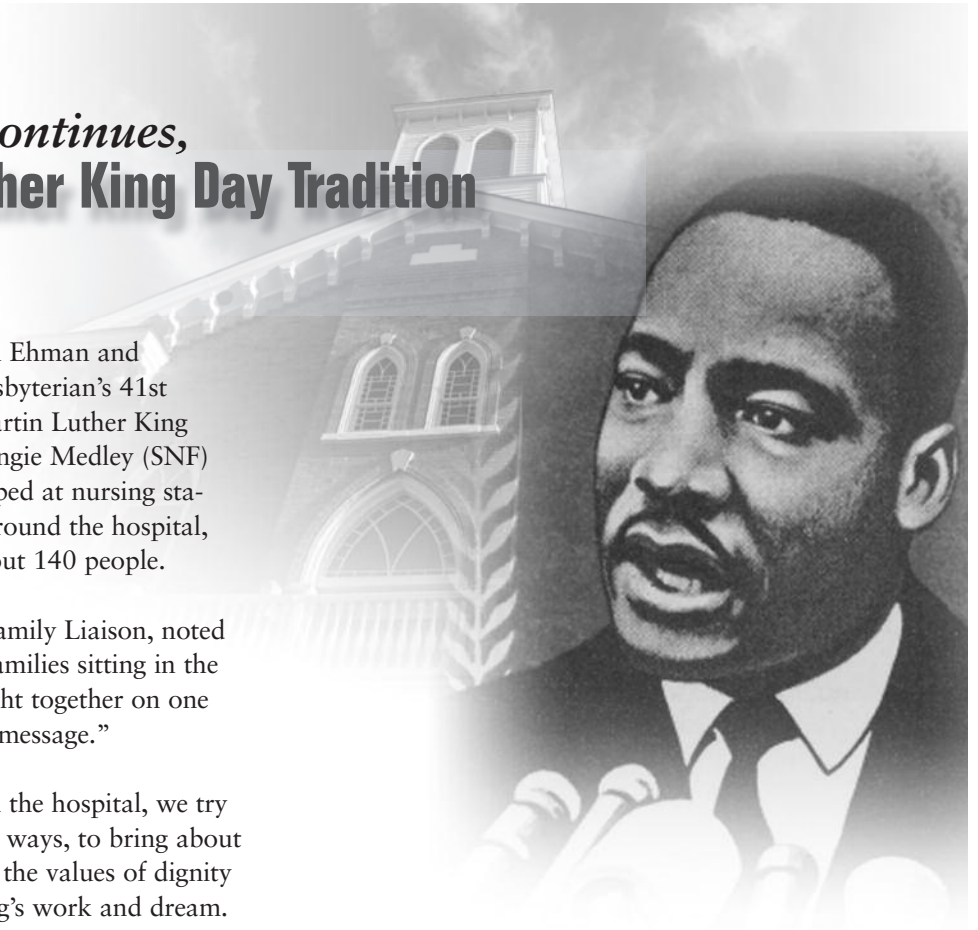
Chaplain Ehman reminded us that "in the hospital, we try to help people in the most practical of ways, to bring about healing. We also focus a great deal on the values of dignity and respect --values central to Dr. King's work and dream. As early as 1957, he spoke of 'constructive forces at work seeking to create a new respect for human dignity.'

*"In all that you do to bring about healing, and in all that you do to care for patients with dignity and respect, think of how your work contributes to the legacy Dr. King's dream. You touch people profoundly. You affirm them. You help them overcome the great barriers of illness and injury. One patient at a time, you are part of those 'constructive forces' that bring healing to the world."*

"People seemed to like the performance," said Danielle at the Scheie Eye registration desk. "Technicians, doctors and staff came out and enjoyed it, along with the patients in the waiting room."

On Monday, January 19, a service was held in the McCahan Chapel, revolving around a video of the "I Have A Dream" speech. The images grainy and sound fuzzy, yet the power of that speech reverberates across the decades.

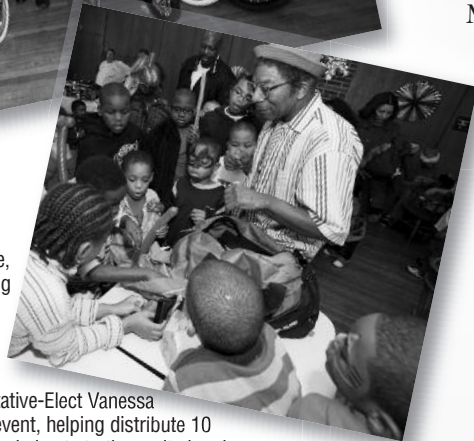
Chaplain Ehman said, "When we remember Dr. King, we must not only think about what happened in the past, we must think about how his spirit calls us to live now, in the present, and how we are charged to continue to work toward the future that he dreamed about – and to never give up hope."



## 100+ Local Children Attend Christmas Celebration with Santa at Penn Presbyterian



Above Left: This year, the children were entertained by the Spiral Q puppet theatre, Mlanjeni's Magic, face painting and Santa. Photo by Dan Burke



Above Right: State Representative-Elect Vanessa Lowery-Brown attended the event, helping distribute 10 donated new bicycles and bike helmets to the excited and grateful children. Photo by Dan Burke

For the last decade, Penn Presbyterian Medical Center and the West Powelton Community Council have co-hosted a Christmas celebration for children in the neighborhood surrounding PPMC, made possible by a generous donation from BBLM Architects.

To see more photos, sign up for the *Presby Bulletin* Email Edition at <http://www.uphs.upenn.edu/news/publications/presbybulletin/>.

## Presby's Latest Walk to Be Fit Winners Announced

Congratulations to the following Walk to be Fit Program participants from Penn Presbyterian, who were randomly selected as Season II winners.

### GOLD

*Gym Membership*

Joe Szymanski

### SILVER

*Ankle Weights*

Jay Bailey  
Peggy Colivas  
Terrence McCafferty  
Irene Messant

## PENN Program for Stress Management

Mindfulness meditation has been practiced for thousands of years as a way to reduce suffering and cultivate inner peace. Current research shows that mindfulness also enhances learning and attention. There is growing interest in the possibility that this ancient meditative practice can support education and learning for both children and adults. Many educational institutions, including Stanford, UCSF, UCLA and PENN, have embraced mindfulness as an educational intervention by introducing it into their curricula and conducting research in the field. This three-day event will explore the uses of mindfulness in education.

**Jon Kabat-Zinn, Ph.D.** is a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He is the author of many books including the popular *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Delta, 1991).

*The PENN Program for Stress Management is delighted to sponsor the following events:*

### Learning from Mindfulness: February 6 - 8, 2009 - Philadelphia, PA:

*Jon Kabat-Zinn Keynote Address: Learning from Mindfulness*

and 1:1 interview with Dan Gottlieb

Friday, February 6th | Cost: \$35 | 7:30 – 9:00pm

Zellerbach Theater, 3680 Walnut Street, Philadelphia, PA

*Conference: Mindfulness as a Foundation for Teaching and Learning*

Saturday, February 7th | Cost: \$75 | 9:00am – 4:30pm

(sold out, waiting list open)

University of Pennsylvania School of Medicine, Philadelphia, PA

*A Day of Mindfulness with Jon Kabat-Zinn*

Sunday, February 8th | Cost: \$140 | 9:00am – 4:00pm

(sold out, waiting list open)

Sheraton Society Hill Hotel, One Dock Street, Philadelphia, PA

*On-line registration is now open:*

*<http://mindfulness.ticketleap.com>. For more information about these events, go to: [www.pennhealth.com/stress/zinn](http://www.pennhealth.com/stress/zinn).*