Dear Colleagues,

  Chicago Cubs player Anthony Rizzo recently said (somewhat jokingly) about the Cubs’ long stretch without a day off that while, he likes his teammates, he really doesn’t want to go to work with them each day for 30 days straight. I think we can all relate to this sentiment, at least in part. Even in the face of this long haul, Mr. Rizzo arrived for his next flight with bells on, not only in full in full Cubs uniform but ready to play, with a smile on his face, ready to lead and cheer do his best for his team. He was a motivating example to me then, as he is now, as, when I saw this picture of him with his team, geared up and ready to go, I was feeling run-down during a 12-hour+ workday, like butter spread too thinly over toast.

I am fully aware that I’m no poster child for wellness. I do know that CFMSE has helped me some of my stress issues with their communication and support, particularly at CFMSE meetings and when my med exec peers and I email each other for assistance, or when we are able to call to share and catch up. Most days I’m on the CCMS team, trying to remind our physician members about how they are all the same team, pulling on the same side of the rope, even as I realize that I need to remind myself more often that I, also, have the support of my own CFMSE team and we want to, can and do help each other often.

I encourage you to make the trip to Orlando for our Fall meeting Oct. 19th if you are able. More details are below. And definitely save the date for our CFMSE Retreat May 16-18 in Naples, and let us know if you have suggestions for the retreat agenda.

Regardless of whether you’re able to attend our meetings, let me know at any time if you have questions, concerns, etc., that we, as your CFMSE team, can address. I endeavor to take my own advice as I encourage you to do, also and take a day now and then away from our various obligations and remember to, first, be on the team of you.

Best,

April