Developed Committee Charge:
To promote the wellness of the School of Dentistry (SoD) community and cultivate an organizational culture of health and wellbeing.

Outlined Committee Objectives:
1. Provide activities to the SoD community to increase awareness and knowledge of health topics.
2. Promote activities that will help build the required skills to maintain a healthy lifestyle.
3. Propose recommendations on new and innovative health topics and ideas for all persons in our SoD community.
4. Evaluate and improve upon the delivery of our wellness program through the use of evidence based methods.

Members Served:

Drawn goals to address WVU Wellbeing Priorities:
- Physical Wellbeing
- Community Wellbeing
- Financial Wellbeing
- Social Wellbeing
- Purpose Wellbeing
- Emotional Wellbeing
**Emotional Wellbeing:**
- Dental and dental hygiene students were given handwritten notes of encouragement prior to final exams
- Highlighted Mindful Steps Series to assist in developing and maintaining mindful resilience, mental fitness and relaxation

**Community Wellbeing:**
- Encouraged members to complete HSC ProQol Survey designed to assess positive/negative aspects of work life and their impact on one's professional quality of life
- COVID Navigator paperweights were designed for COVID Taskforce members as a form of appreciation

**Social Wellbeing:**
- Faculty Appreciation Day (November 16th): faculty had access to baskets with Thanksgiving-themed snacks and were provided with pumpkins

**Physical Wellbeing:**
- Promotion of Fall Wellness Classes through HSC Wellness Center (yoga, meditation, Pilates, Zumba, cardio fusion with weights & Tai Chi)

**Virtual Wellness Classes:**
Now available to all of WVU & WvU Medicine
DECEMBER 2020

COMPLETED TASKS

Social Wellbeing:
- Resident Appreciation Day (December 10th): residents were given coffee, tea, bagels, donuts and snacks

Emotional Wellbeing:
- Dental and dental hygiene students were offered nutritional, educational and mental health resources to maintain connection while in quarantine

Community Wellbeing:
- Results from a Wellness Survey were analyzed by the Wellness Committee to formulate future programming and events

Physical Wellbeing:
- Promotion of 5% Healthier Program for faculty and staff which offered free, personalized one-on-one remote/virtual exercise coaching through the Spring semester
MENTAL WELLNESS RESOURCES

Wellness Committee:
If you find yourself feeling overwhelmed, need someone to talk or simply need a "cheerleader" during these trying times, please reach out to Dr. Perrine and she can connect you with a GoDWellness Advocate. Wellness Advocates are volunteer faculty/staff members who offer positivity and support.
E-mail: vperrine@hsu.edu

Carruth Center:
Services are offered through telehealth and online resources. To schedule an appointment please call (541) 398-4431

My SSP App:
This app can be accessed 24/7 for a real-time My SSP Counselor. Counselors provide support for students and aim to promote health and well-being. Resources are offered in 4 languages: English, Chinese, French and Spanish.

Yoga With Adrienne on YouTube:
https://www.youtube.com/watch?v=ih6VaZQ0M

Unlocking Us with Brené Brown Podcast:
Brown studies emotion and experiences and how each of those bring purpose to life. She sheds light on how to navigate unchartered territory with this given times. Her podcast highlights the power of human connection.

Activities
Stay occupied while staying safe!

Wellness
FREE ONLINE WORKOUTS
CHLOE TING
WHITNEY SIMMONS
ORANGE THEORY
NIKE TRAINING APP
PELETON APP (FREE TRIAL)
CENTRE APP BY CHRIS HEMSWORTH (FREE TRIAL)
BARRE FITNESS

Creativity
CRAMPS
TAP INTO YOUR CREATIVE SIDE, AND LOOK UP CRAMPS ON PINTEREST!
PAINT WITH WATERCOLORS
DIAMOND ART
THE WOW FACTORY: HAS TO GO POTTERY KITS
LEARN CALLIGRAPHY AND LETTERING: CAN USE MARKERS (YOUTUBE)

Cooking
RECIPES TO TRY
- corn chowder
- lasagna soup
- chicken enchilada soup
- vegetable soup
- stuffed pepper soup
- lemon chicken and orzo soup
- pasta
- tuscan (olive garden)

Entertainment
NETFLIX
HOLIDATE THE QUEENS
GAMBIT, THE CROWN, OPERATION CHRISTMAS DROP, SWEET MAGNOLIAS, SELLING SUNSET.

Apps For Your Phone
AMONG US (MORE FUN WITH FRIENDS!); WORDSCAPES, COVET (FASHION GAME), DESIGN HOME, MARIO KART, TIK TOK

NUTRITIONAL WELLNESS

GROCERY PICK-UP & DELIVERY
Kroger Click-List, ALDI Curbside, Walmart Express or Walmart Pick-up, and Giant Eagle all offer ways to shop online for groceries and drive curbside to pick them up.

TAKE-OUT?
Many restaurants are offering take-out options as dining rooms are closed. You can call ahead, place your order using an online menu, then drive to pick it up.

BRING THE FOOD TO YOU!
Large cities, like Morgantown, offer a variety of food delivery services. Downloading their apps, makes ordering a breeze. Look for the following in the App Store: Grubhub, UberEats, DubiBets, DoorDash, Postmates.

EASY MEALS AT HOME:
Ordering food boxes that have simple recipes with fresh ingredients is so easy. You can customize the shipping frequency and curate meals you will love. helloFresh, Blue Apron, Home Chef, Sun Basket, Freshly, Purple Carrot, and more.

MEAL PREPPING:
Once you have your groceries, make your week simple by planning out delicious and proportioned meals to eat at each meal throughout the week. Check out channels like Goodful on YouTube: https://www.youtube.com/watch?v=1ApxGQAmew

FOOD AS FUEL!

ASDA
offers a number of webinars on various topics, that you can access at any time: https://www.asdanet.org/index/progr am-events/webinars

AGD
allows the opportunity to earn 50 hours of Continuing Education that can be awarded to your Fellowship: https://www.agd.org/member-events/agd-students-residents

IMPLANT NINJA
has an implant Surgery 101 course that is free for students and residents. Sign up with your e-mail address: https://school.implantninja.com/a/1mp lant-surgery-101-fall-2020

SADHA
provides information about Continuing Education and serves as a resource for updates on COVID-19: https://wwwasadha.org/covid19

EDUCATIONAL RESOURCES
If you find yourself in quarantine, here are some resources to keep your mind occupied and help you still feel connected to our profession.

Mental Health Matters.
JANUARY 2021

COMPLETED TASKS

Emotional Wellbeing:
- Dental and dental hygiene students were able to opt-in for COVID-19 support and resources while in quarantine

Purpose Wellbeing:
- Sent daily e-mails with tips, tricks and inspiration for the New Year to SoD community

INSPIRATION FOR 2021

Focus on Positivity

Start your day off by thinking of one thing you are grateful for.
Positive self-talk helps you feel more upbeat, confident and resilient. Positive comments to others foster connectivity and support.
End your day by thinking of one thing that makes you smile.

INSPIRATION FOR 2021

If you don’t reach one of your goals, IT IS OKAY.
You didn’t fail.
Mentally reset and make the next day your new starting point. Give yourself grace. When you are giving it your all, remind yourself that you are doing your best.

“you may encounter many defeats, but you must not be defeated.” - Maya Angelou

INSPIRATION FOR 2021

See and think beyond yourself. Moving beyond your self-focus can bring you more connection, happiness and fulfillment. Watch this TED Talk on why compassion matters.

SHOW SOME COMPASSION.
Community Wellbeing:
- Coats & Cans Challenge: collected 465 non-perishable items which were donated to "The Rack" Student Food Pantry & 39 coats which were donated to the Bartlett House Homeless Shelter
- Hosted Erik Carlson from WVU School of Public Health as a guest speaker (January 28th): 'Fearless Leadership in Pandemic Times'

Social Wellbeing:
- Implemented the Wellness Advocates Program in an effort to help build a stronger support system for students

Wellness Advocates
WE'RE HERE TO HELP...

If you find yourself overwhelmed with life, you can contact Dr. Perrine and she will pair you with a Wellness Advocate. Advocates serve as your "cheerleader" and sounding board. Sometimes you just need reassurance or simply more information regarding available resources.

For more information: vperrine@hsc.wvu.edu

Meet BeWell's Behavioral Health Coordinator, Layne Hitchcock

Meet Layne Hitchcock, BeWell's new Behavioral Health Coordinator. She enjoys educating others and is passionate about self-care, resiliency and efforts to improve mental health.
**FEBRUARY 2021**

**COMPLETED TASKS**

**Purpose Wellbeing:**
- Shared a self-love calendar for the month
- Incorporated weekly highlight e-mails and social media posts to encourage community members to utilize the calendar

**Physical Wellbeing:**
- Invited community members to attend Dr. Godwin's 706 Zoom guest speaker, Cathy Shaw, a dietician from WVU School of Medicine
- Provided recipe cards for potential meal prep ideas
- Offered nutritional resources

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### FEBRUARY 2021

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**Guided meditation**

Did you know that relaxation techniques are therapeutic exercises that can reduce stress? Mindful practice can help improve sleep, decrease reactivity and alter how we cope with anxiety.

Here are a few resources:
- Anti-Anxiety 18 minute Body Scan by Dr. Julie Brechcynski-Lewis
- Guided Meditation for Self-Compassion by Dr. Kristin Neff
- Mindfulness Meditation 5 Minute Breathing Practice by Dr. Jon Kabat-Zinn
- Recordings for Mindfulness, Relaxation, Compassion: Mindful Recordings by Mindful Steps WV

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**FEBRUARY 3RD, 2021**

**POSITIVELY POST-IT**

... write a kind note for students and leave it in their mailbox or leave a thoughtful message for faculty and staff on their office door! Look for the Positively Post-It Stations in HSC & STC!

[Post-It note from the Committee]

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**You don’t need to be fixed. You are already whole. Just because you need to heal does not mean that you are broken. True healing and self-love help to remind us how inherently adequate and whole we are.**
Social Wellbeing:
- Provided post-it notes throughout HSC and STC for members to write kind messages to one another
- Provided staff with cupcakes for Staff Appreciation Day on February 18th

Emotional Wellbeing:
- Shared a music playlist, Love Yourself!, to promote self love
- Sent encouraging e-mails and handwritten notes to senior dental students taking clinical board exams

**RECIPE**

**Cajun Sausage Pasta**

**NAME OF DISH**

**FROM THE KITCHEN OF**

Kinda Healthy Recipes

**SERVES**

8 servings = 1 cup

**PREP TIME**

10 Minutes

**TOTAL TIME**

30 Minutes

**OVEN TEMP**

375°F

**INGREDIENTS**

1 box of Banza penne
1 cup alfredo sauce
1/2 cup of marinara
2 tsp Cajun seasoning
1/2 cup shredded cheddar
1 zucchini
1 red bell pepper
1 package of andouille sausage

*Can be turkey, chicken, or pork

**DIRECTIONS**

1. Preheat oven to 375°F
2. Cook pasta according to packaging.
3. Chop zucchini, red bell pepper, and andouille sausage and place into a skillet. Sauté until the outside of the sausage has a crispy exterior and the vegetables are cooked. Approximately 10 minutes.
4. Mix the alfredo, marinara, and cajun seasoning together until well combined.
5. Add the pasta, sausage veggie mixture, and sauce into an 8x8 baking dish. Stir until well combined. Top with shredded cheese.
6. Bake for about 8 minutes or until the cheese is melted.

Additional notes
Feel free to go without meat and add more veggies to the mixture
For additional protein add or substitute with shrimp

**LOVE YOURSELF!**

1. Higher Love - Kygo, Whitney Houston
2. This Is Me - The Greatest Showman Cast
3. Bigger Love - John Legend
4. Outnumbered - Dermot Kennedy
5. Dog Days Are Over - Florence + The Machine
6. Glorious - Macklemore
7. Beautiful Day - U2
8. Born This Way - Lady Gaga
9. I Won't Back Down - Tom Petty
10. The Greatest - Sia ft. Kendrick Lamar
11. Wild Life - One Republic
12. 9 to 5 - Dolly Parton
13. A Sky Full of Stars - Coldplay
14. Feeling Good - Nina Simone
15. Freedom - Kygo ft. Zak Abel

**CLICK ON "LOVE YOURSELF!" & YOU WILL BE TAKEN TO THE PLAYLIST ON YOUTUBE**

**BY: LESLEE TYLER**

**STAFF APPRECIATION DAY!**

You are appreciated & we are so grateful to have you in our community.

Thank you!
- Wellness Committee
MARCH 2021

COMPLETED TASKS

Social Wellbeing:
- Acknowledged Dental Assistant Recognition Week (March 7th - 15th)
- Student Appreciation Day (March 25th):
  - dental/dental hygiene students were given breakfast snacks, fruit, coffee, tea and hot chocolate

Physical Wellbeing:
- Local hiking trails were highlighted for community members
- Invited community members to attend Dr. Godwin’s 706 Zoom guest speakers, instructors from Orangetheory Fitness/arranged for attendees to receive 2 free classes

Local Hiking Adventures

Morgantown, WV

White Rock Trails: 2.1 miles
- Features include beautiful wildflowers, a waterfall and baseball/softball fields

Snake Hill Trail: 3.2 mile loop
- Features views of Cheat Lake and Cooper Rock

Coxbird Run State Forest
- 66 County Line Dr, Buchanan Mills
- Multiple trails, highlights include mountain biking and hiking trails
- Raven Rock Trail is quite popular (3.5 miles)
- Virgin Hemlocks in Tyrone Rocks (1.7 mile loop)

Cheat Lake Trail: 3.0 miles
- Morgan Run Rd
- Views include river, wildflowers and wildlife

West Virginia Botanic Gardens
- 1051 Tyrone Rd
- 4.5 miles of walking trails
- Features include numerous species of flowers & trees, as well as a wetland boardwalk

Dorsey’s Knob Park
- Features gorgeous views nearly 600 feet above deep valleys and falls
- Highlights include a disc golf course, pavilion and playground

Cathedral State Park, West Virginia

Cathedral to Giant Hemlock Trail: 2.5 mile loop
- Features include views of hemlock trees and wildflowers

OhioPyle State Park, Pennsylvania

Great Gorge Trail: 4.9 miles
- Features include a waterfall and natural waterfalls

Meadow Run Trail: 2.9 miles
- Highlights include the waterfalls, views of the Youghiogheny River, natural waterfalls and impressive views of the gorge

Cucumber Falls: 0.2 miles
- Not a lengthy trail but beautiful view of the falls

Youghiogheny River Trail to Jonathan Run Falls: 3.7 miles
- Features include a waterfall and soothing sounds of the river
- ** You can also whitewater raft and rent bikes at OhioPyle

Swallow Falls State Park, Maryland

Swallow Falls Canyon Trail: 5.1 miles
- Features include multiple waterfalls

Hiking Manor Park Loop: 1.4 miles
- Trail is popular for running and wildflowers

Tips for making progress
- Baseline your fitness level - how many pushups, situps, and air squats can you do in one minute? Do it every 3 months.
- Alternate Upper/Lower body - consider “super sets”
- Contrast sets - high load / low velocity paired with low load high velocity moves
- Use a fitness device - track your steps, heart rate, distance
- Fitness apps - Orangetheory at Home, 7 minute workout, Nike Run Club, Under Armour Running, TRX, Youtube, Seconds Pro
- Partner up - stay accountable to one another, keep it fun!
Emotional Wellbeing:
- Senior dental hygiene students were given handwritten notes of encouragement prior to clinical board exams

Social Wellbeing:
- Dental students, residents and dental hygiene students were given Spring Treats in their mailboxes

Community Wellbeing:
- Applied for WVU’s Transform This! Grant Challenge: funding would be used to create an art exhibit that fosters inclusivity, supports underrepresented groups & promotes diversity. Over 40 proposals were submitted. SoD recently received news that we were awarded the grant! Stay tuned to see our artwork!
APRIL 2021

COMPLETED TASKS

Emotional Wellbeing:
- Shared a music playlist, Move!, to promote exercising

Physical Wellbeing:
- Dr. Godwin & Leslee Tyler hosted “Motivation to Move” on Tuesdays: an opportunity for community members to either go on a walk or participate in a High Intensity Interval Training session for 50 minutes

Community Wellbeing:
- Hosted a Comedy Show on Zoom (April 20th): Drs. Michael King and Jeffrey Gurian are dentists who are also comedians

MOVE! PLAYLIST

1. Ends of the Earth - Lord Huron
2. Paradise - MEDUZA, Dermot Kennedy
3. Thunderstruck - AC/DC
4. Let’s Go Crazy - Prince
5. Feel Again - OneRepublic
6. State of the Heart - Patrick Droney
7. Don't Stop Believin' - Journey
8. Electric Love - BØRNS
9. Wanna Be Startin' Somethin’ - Michael Jackson
10. Now Or Never - Kendrick Lamar, Mary J. Blige
11. Finesse - Bruno Mars
12. Days Go By - Keith Urban
13. Strong Enough - Ray LaMontagne
14. Shake - The Head And The Heart
15. Here Comes The Sun - The Beatles

By: Leslee Tyler
MAY 2021

COMPLETED TASKS

Community Wellbeing:
- Encouraged participation in WVU Medicine’s Walk 100 Miles in 100 Days, the state’s largest exercise program, and sponsored an internal competition

Emotional Wellbeing:
- Senior dental and dental hygiene students were given congratulatory cards for graduation
- Highlighted resources for SMART Resilience and Healing Program which focuses on practices to create more balance and emotional intelligence

Social Wellbeing:
- Faculty Appreciation Day (May 19th): faculty were given a choice between a dessert and a granola bar
Vision for the Future

In its first year of existence, the School of Dentistry’s Wellness Committee made it a priority to address the various facets of the Health Science Center’s (HSC) vision of Wellbeing: Physical, Purpose, Community, Social and Financial. Despite this year’s challenges, the Committee was dedicated to providing a wide array of wellness programming events and resources. After analyzing results from the HSC’s ProQol Survey and a Wellness Survey created by the Interim Dean of Student Affairs, programming events were tailored to target all members of the SoD community (students, residents, faculty and staff) and beyond.

We embraced this year’s challenges and found unique methods to connect with one another. As evident from the photos in this report, the activities and treats provided a welcome change of pace from the stress of work and school. Our action items aim to make community members feel appreciated, supported and connected. We also prioritize providing resources from the Carruth Center and HSC’s BeWell Program to combat anxiety. Investing in the health and wellbeing of our community paves the path for a brighter educational and work environment.

The momentum from this year’s activities has created positive energy and the desire to do more. To continue cultivating a community that prioritizes wellness, we need your support! From sponsoring a Wellness Committee activity to developing a website for on-demand resources, your donations will have a direct impact. For example, a website would showcase our school to current and prospective students, residents, faculty and staff, as well as alumni. It would also provide digital analytics and serve as a measurable method to assess usage of virtual resources. This data would be useful in determining the community’s needs and allow us to address concerns accordingly. Please feel free to contact us with any ideas that you may have to enhance the Wellness Committee’s agenda!

We hope that you consider donating to the Wellness Fund at the School of Dentistry. We greatly appreciate your support in our effort to improve the health and wellbeing of our community. Thank you for your generosity and commitment!
WELLNESS COMMITTEE MEMBERS
2020-2021

Dr. Perrine
Elizabeth Puette
Samantha Phelix

Emma Rice
Martha Sturms
Dr. Godwin

Dr. Fabrega
Leslee Tyler
Chelsea Workman

Dr. Whitaker
Anthony Danko
Paru Gopalan

Dr. Price
Sunshine Wiles
Dr. Panagakos
<table>
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<tr>
<th><strong>Dr. Godwin</strong></th>
<th><strong>Dr. Perrine</strong></th>
<th><strong>Samantha Phelix</strong></th>
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<td>&quot;I admire Dr. Godwin for showing up for her students, colleagues, and patients everyday with enthusiasm and positivity. Her commitment to teaching motivates me to be the best educator I can be!&quot; - Dr. Fabrega</td>
<td>&quot;Dr. Perrine is not only a wonderful advocate for our students, but is a warm smile and an immediate friend for all those she encounters. Our community is lucky to have her.&quot; - Leslee Tyler</td>
<td>&quot;As a former WVU drum major, Sam possesses the cadence of a student leader who inspires harmony. She does not miss a beat when it comes to promoting health and wellness of others.&quot; - Dr. Price</td>
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<th><strong>Martha Sturms</strong></th>
<th><strong>Emma Rice</strong></th>
<th><strong>Chelsea Workman</strong></th>
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<td>&quot;Martha is the definition of selfless; she is always willing to go the extra mile to ensure that every single member of the team feels appreciated and supported!&quot; - Dr. Godwin</td>
<td>&quot;Emma is a natural leader who enjoys learning. She brings enthusiasm and positivity to all that she does!&quot; - Elizabeth Puette</td>
<td>&quot;Chelsea has been so energetic and willing to be involved in this committee, and I think she is going to make a big impact with this contagious energy!&quot; - Samantha Phelix</td>
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<th><strong>Dr. Fabrega</strong></th>
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<th><strong>Leslee Tyler</strong></th>
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<td>&quot;Dr. Fabrega has been a joy on our committee. Her genuine positivity and willingness to participate in any activities despite her heavy resident load is an inspiration.&quot; - Dr. Perrine</td>
<td>&quot;Liz is very upbeat and a true team player. Her energy is infectious and we are lucky to have her on the Wellness Committee!&quot; - Martha Sturms</td>
<td>&quot;Leslee is a light in our community. She makes people feel valued and included. She is incredibly passionate about her job and is a force for positive change.&quot; - Paru Gopalan</td>
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<td><strong>Dr. Whitaker</strong></td>
<td><strong>Dr. Price</strong></td>
<td><strong>Paru Gopalan</strong></td>
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<td>&quot;Dr. Whitaker works hard to make sure our students are well prepared! He is also always available if needed in the clinic and a valuable asset to our team!&quot;</td>
<td>&quot;Dr. Price is kind-hearted. She has such a positive mind and you can count on her to always have a smile on her face!&quot;</td>
<td>&quot;The Canva Queen! Your smile and positivity brighten the lives of all those you encounter. Thanks for all you do, Paru!&quot;</td>
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<tr>
<td>- Dr. Panagakos</td>
<td>- Chelsea Workman</td>
<td>- Dr. Whitaker</td>
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<th><strong>Dr. Panagakos</strong></th>
<th><strong>Anthony Danko</strong></th>
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<td>&quot;Sunshine is always willing to lend a helping hand and comes up with so many interesting ways to help promote our committee to the SoD and Health Sciences community!&quot;</td>
<td>&quot;Dr. P demonstrates a variety of admirable qualities, most notably an intentional ability to innovate and offer valuable insight in serving the SoD. The aforementioned qualities have been on display in his initiative to introduce and inspire mindfulness programs to dental students.&quot;</td>
<td>&quot;Anthony is a friend of the dental school. His efforts to collaborate with us, especially during challenging times, have helped us better serve our students, faculty, staff and ultimately our patients. Thanks, friend!&quot;</td>
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<tr>
<td>- Emma Rice</td>
<td>- Anthony Danko</td>
<td>- Sunshine Wiles</td>
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