

STASH OF INSPIRATION

INSTRUCTIONS: Read this letter from Dr. Susan Pike of Georgetown, TX once daily or as needed to maintain excessive levels of inspiration.

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I wanted to share a couple of stories from my Walk this week. In our recent meeting, there was concern about how to demonstrate or measure the value of the Walk with Doc program. Data is paramount in medicine and our society, but there are other measures of success as well. I think you will understand.

There's an older couple that has been coming to my walk with regularity for many months. The gentleman was hospitalized several months ago and learned about the Walk on his departure from the hospital when he saw a poster in the lobby. He clearly has mobility and gait challenges, likely associated with Diabetes. He has grown steadily stronger and leaner in the months I have known him and his effort is considerably diminished relative to when they first joined us.

This weekend the gentlemen and his wife told me they are moving to Tucson. Before I could say I would miss them, the wife shot out, "Don't worry, we have already looked up the WWAD program and found our group out there!" This is **IMPACT**.

Another regular walker, one of the speedy ones, who always brings her entire family, was waiting for me after completing her walk. I always bring up the rear for safety reasons. She told me two women, new to our community, had stopped by to see what the Walk with a Doc program was about. She explained that she had filled them in on the purpose, schedule and had them sign up for the email list. This is (community) **OWNERSHIP**.

I support the WWAD program wholeheartedly. I come away each time feeling energized, positive and as if I have touched someone in a way I cannot in my office. This is (physician and community) **WELLNESS**.

As medicine and the delivery of it changes, we will be challenged by creating new ways to meet the needs of a diverse population of patients.

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We can do it, one Walk at a time.