

Meraki

the soul, creativity or love put into something; the essence of yourself that is put into your work

Issue V
October 11, 2022

WELCOME TO MERAKEI

Meraki (pronunciation | mA-'rak-E), now in its fifth year of publication, is a journal of collected written works from all Johns Hopkins Community Physicians (JHCP) employees. Literally translated from Greek as “labor of love,” *Meraki*’s goal is to provide a stage for JHCP employees to share their passions through the written word. Employees were invited to submit artwork of any kind: from sketches to poetry to music files.

Meraki celebrates the passions of all of us. Perhaps the following essays, poems and works of art will encourage you to take stock of your own creative pursuits and inspire you to develop and hone them.

Meraki

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Editor – Alice Lee, M.D.

The views and opinions expressed in Meraki are those of the authors and do not necessarily reflect the official policy or position of Johns Hopkins Community Physicians.



JOHNS HOPKINS
M E D I C I N E

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INTRODUCTION



by: steven kravet, m.d., m.b.a.

I always look forward to seeing another publication of *Meraki* come to fruition. Now in its fifth year, *Meraki* has become a mainstay of Johns Hopkins Community Physicians' culture, even inspiring a new program, Arts at JHCP, which began earlier this year. The publication continues once again to be a source of joy, passion and artistic expression for our providers and staff.

It has been a highlight to view and read all of the pieces these last few years. I have wanted to contribute for a while, and finally got up the courage to share this simple picture, taken a few years ago when our administrative office was headquartered at Wyman Park. I looked out my window, and the symmetry of these cars neatly parked in line with their shadows caught my eye. It's a reminder that looking for beauty in the simple and potentially mundane adds value to my day.



As you explore *Meraki*, I hope that you remember who these submissions came from: people on the front lines and administrative headquarters of our practices and hospitals – our very own health care heroes. Our contributors represent resilience and excellence and I am proud to be part of this team.

My thanks go to Dr. Alice Lee, internal and pediatric medicine provider at Johns Hopkins Community Physicians in White Marsh, lead of Arts at JHCP and *Meraki*'s project champion and editor. I have the deepest gratitude for every person who was brave enough to share parts of themselves with us. And my thanks also goes out to you, Reader, for continuing to support this journal and your community.



All my best,

A handwritten signature in black ink, appearing to read "Steven Kravet".

Steven Kravet, M.D., M.B.A., F.A.C.P.
President, Johns Hopkins Community Physicians
L. Douglas Lee & Barbara Levinson-Lee Professor in Clinical Practice

DISCARDED

graphite pencil by: barbara chalom, p.a.-c.



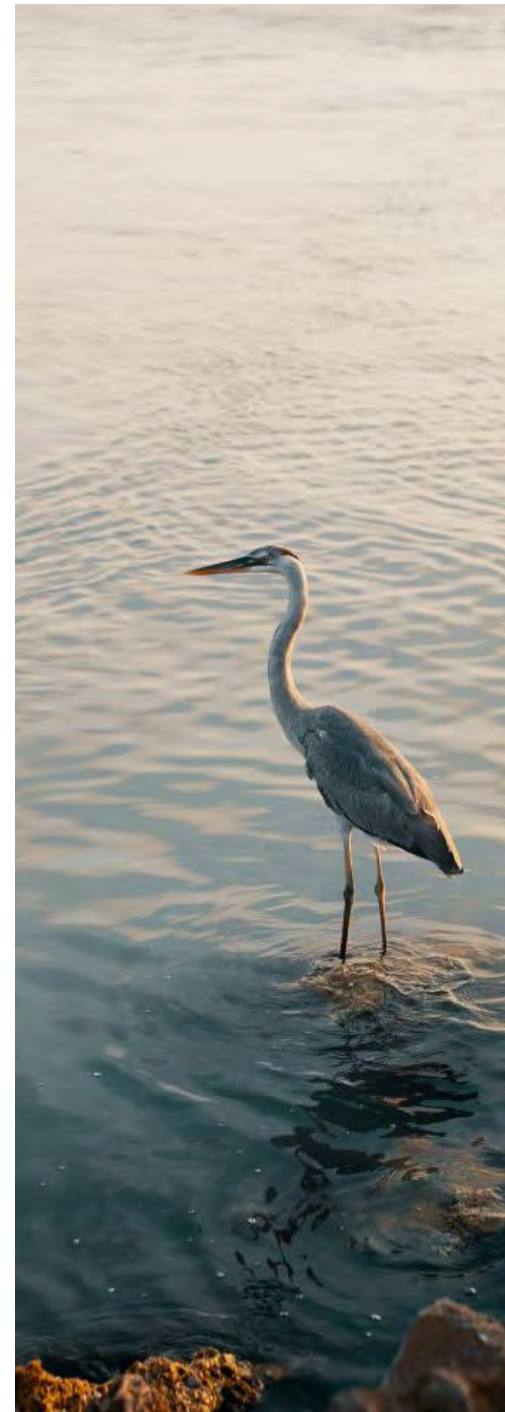
WHY BAD ART IS IMPORTANT TO ME




by: jennifer janus, m.d.

In a fond memory from medical school, a psychiatrist was explaining the difference between personality traits and disorders. He looked at the audience of intelligent, driven people before him and said, “every person in this room has obsessive/compulsive personality traits.” While that may be an (albeit amusing) overstatement, medical providers in general do tend to be perfectionistic and detail-oriented. Yet we work in a field that is messy, where a shocking number of demands prevent us from attending to detail in the way that we like, and where “perfect” doesn’t exist. For me, this dichotomy is a dual-edged sword. On one hand, it keeps me from becoming complacent. On the other, my days are filled with low-level anxiety, which is energizing, but which I must occasionally balance with some mental downtime.

When we say “downtime,” I think many people picture snuggling up under a blanket with a bag of popcorn watching Netflix. And there’s certainly nothing wrong with that! But what I find most restorative is getting into a mindful state, where I am fully present with the moment, without perseverating on the “could haves” of yesterday and the “what ifs” of tomorrow. I have known this for a long time, but let me tell you, meditation is hard. Kudos to those that can make it work, but after trying for years to settle into a regular practice I just found that it made me more agitated. My therapist gave me “permission” to give up meditation and look for other ways to be more mindful. And doing art has proven to be a fun and sustainable way into those zen moments of delight in my present circumstance, a state that Diane Ackerman aptly calls “Deep Play.”



A photograph of a blue crane in flight, silhouetted against a soft, orange and blue sunset sky. The crane is captured in mid-flight, with its wings spread and its long neck extended forward. The background is a gradient of colors, from a pale blue at the top to a warm orange near the horizon, suggesting a sunset or sunrise. The crane is positioned on the left side of the frame, flying towards the right.

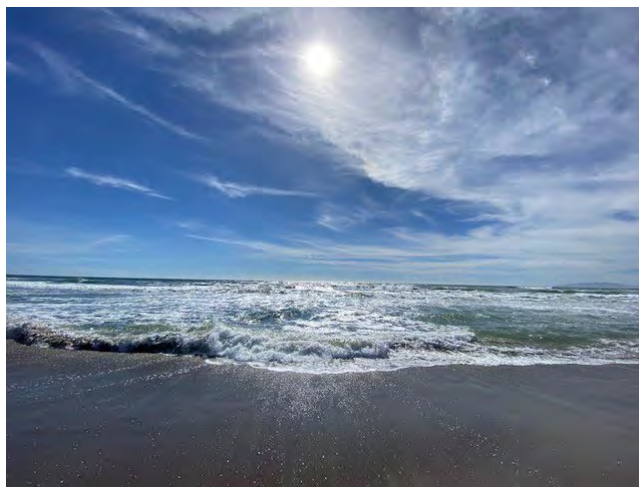
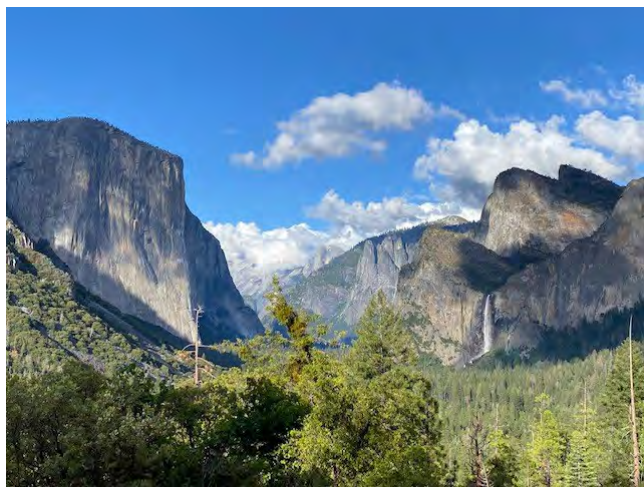
The keys to doing this well, I believe, are to divorce yourself from the expectation of “perfect” results, and to have an open mind. There are so many ways to do art! I took an oil painting workshop in college, and that is my go-to. But in the last several years I have also taken an online iPhone photography class; started an art nature journal; and done one-day workshops in blacksmithing, glassblowing, and basic woodworking. I started online voice lessons when isolating at the beginning of the pandemic, and enjoy them so much I’ve continued them to this day.

And tonight, I will be attending a fundraiser for a peacekeeping organization at a community theater, where I spent many hours helping with stage decoration. The show will begin as hundreds of origami peace cranes are lifted on their armature, like a giant mobile, to the ceiling of the stage. Will it be worthy of a production at the Met? Of course not, I have a day job and it’s not being an artist! Did we know what we were doing when we started it? No, but we are quick studies and figured it out as we went along. And I know that as I, and the loved ones I am sitting with, are rendered breathless by its gorgeousness, I will be completely at one with this beautiful instant that I helped create. All the stress of the week of providing clinical care will be completely left behind, and I will be a better doctor come Monday morning for this moment. ■

SAN FRANCISCO/ YOSEMITE



photographs by: **lorie cram, m.d.**





FREDERICK FAIR 2022



photograph by: sarah lantzy, m.d.



DON'T SPEAK & VIENNA



produced **by: norman dy, m.d.**
vocals **by: carolyn le, d.n.p.**



Carolyn Le, D.N.P.
'Don't Speak'



Vocals by Carolyn Le, D.N.P.; production and instrumentals by Norman Dy, M.D. Written by Eric and Gwen Stefani.

Click or tap the play button above to open the music file link.
Alternatively, [click here](#).



Carolyn Le, D.N.P.
'Vienna'



Vocals by Carolyn Le, D.N.P.; production and instrumentals by Norman Dy, M.D. Written by Billy Joel.

Click or tap the play button above to open the music file link.
Alternatively, [click here](#).

PAINTINGS

artwork by: clelia negrini, m.d.



HEY MOM

by: tammie wendell



Hey Mom, how are you doing Honey?, (then I'd hear in my head)
I'm doing super-duper Toots!, (and it's all in my head because you're now dead).

These were solo conversations that happened each day,
But my head let me know that you're doing okay... or,
Was it my heart that's still broken apart... No!,
It was your beautiful spirit making sure that I'd hear it.

I intentionally moved slow when it came to letting you go,
As the fear was for me, knowing you wouldn't be...a part of my life everyday.

She's on vacation I'd say, envisioning you having a blast while you played,
Just as you and dad did every year, living your lives without fear,
Then inevitably dad would walk by, making my visions a lie,
I'd just take a deep breath, and I'd refuse to cry.

So many months and visions I'd create, all just to feel safe,
Meaning I'd see you again, and that your life didn't end, and you'd still be...a part of my life
everyday.



All my memories at first were of all of the hurt, that I felt that day when you passed away,
At first I thought watching you die was a life sentence to cry,
But I now understand, as I held your hand as you slipped away, that I wouldn't have it any
other way,

To be by your side and to be able to say goodbye, was a true blessing from God.

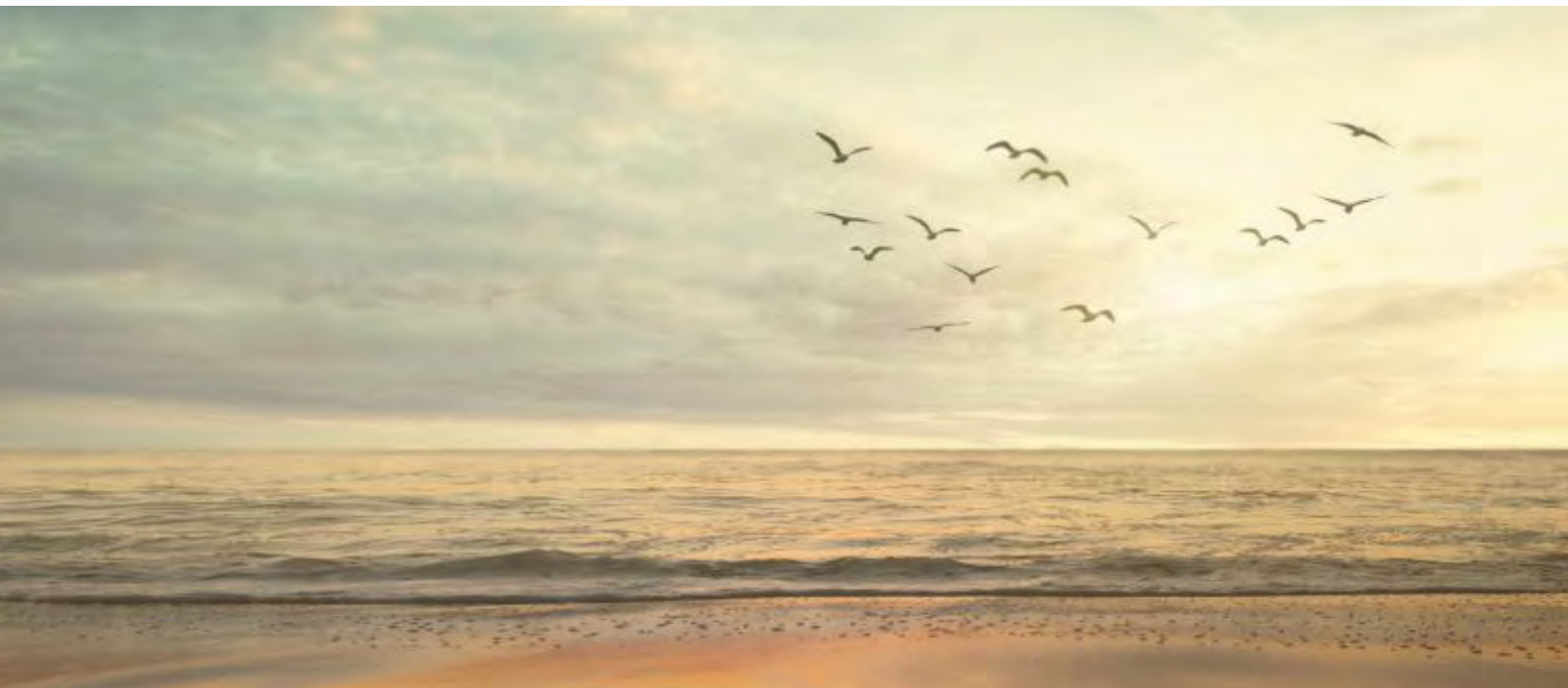
I then started seeing you in dreams, and I'd try to figure out what they mean,
Instead of enjoying our time through God's lifeline, as you were no longer going to be...a
part of my life everyday.

Then in one of my dreams you came to me, telling me to "knock it off", and to pickup my
life where it left off,

You said you didn't want this for me, and that there were to many happy memories, to
dwell on goodbye,

So I tried to open my heart, telling myself we were way to close to really be apart,
It's then I started to see little signs you'd send me, things no one else would know, and my
tears began to slow.

I now feel your presence all of the time, and yes, it's different, but you're still mine,
You're here by my side guiding each little stride, watching over me, and now I know you will
ALWAYS be...a part of my life everyday. ■



LONGING FOR KODIAK



photographs **by: shasta walton**





RELIEVED

poem by: robert kass, m.d.



Leaving the men's room,
I saw the notice,
"Employees must wash their hands."

Good thing I don't work here.



DREAMS

produced by: norman dy, m.d.
vocals by: kellie renich, r.n.



Kellie Renich, R.N.
'Dreams'



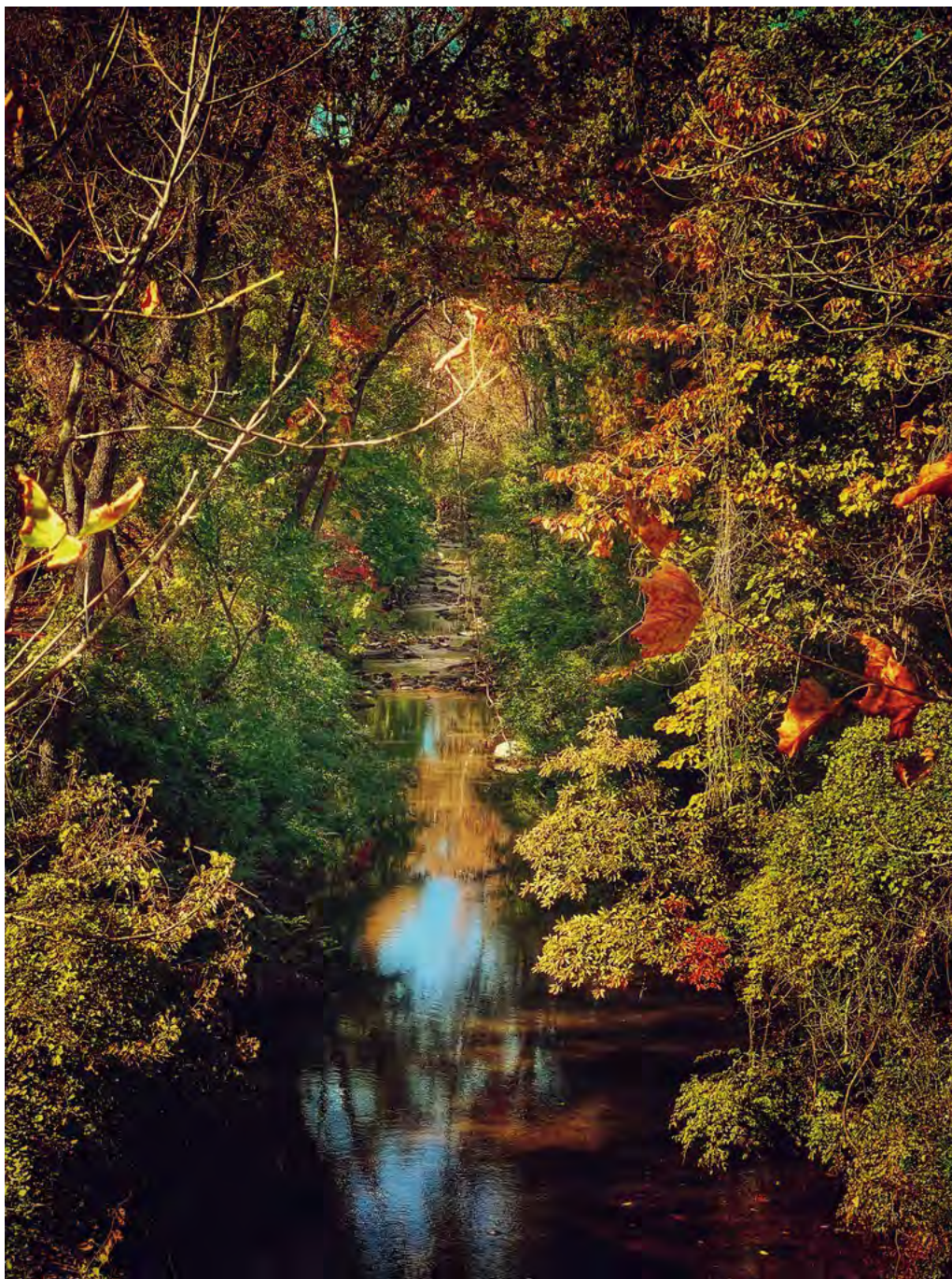
Vocals by Kellie Renich, R.N.; production and instrumentals by Norman Dy, M.D. Written by Stevie Nicks.

Click or tap the play button above to open the music file link.
Alternatively, [click here](#).



IN MY NEIGHBORHOOD

photograph by: danny lee, m.d.



BUT WHAT ABOUT ME?!

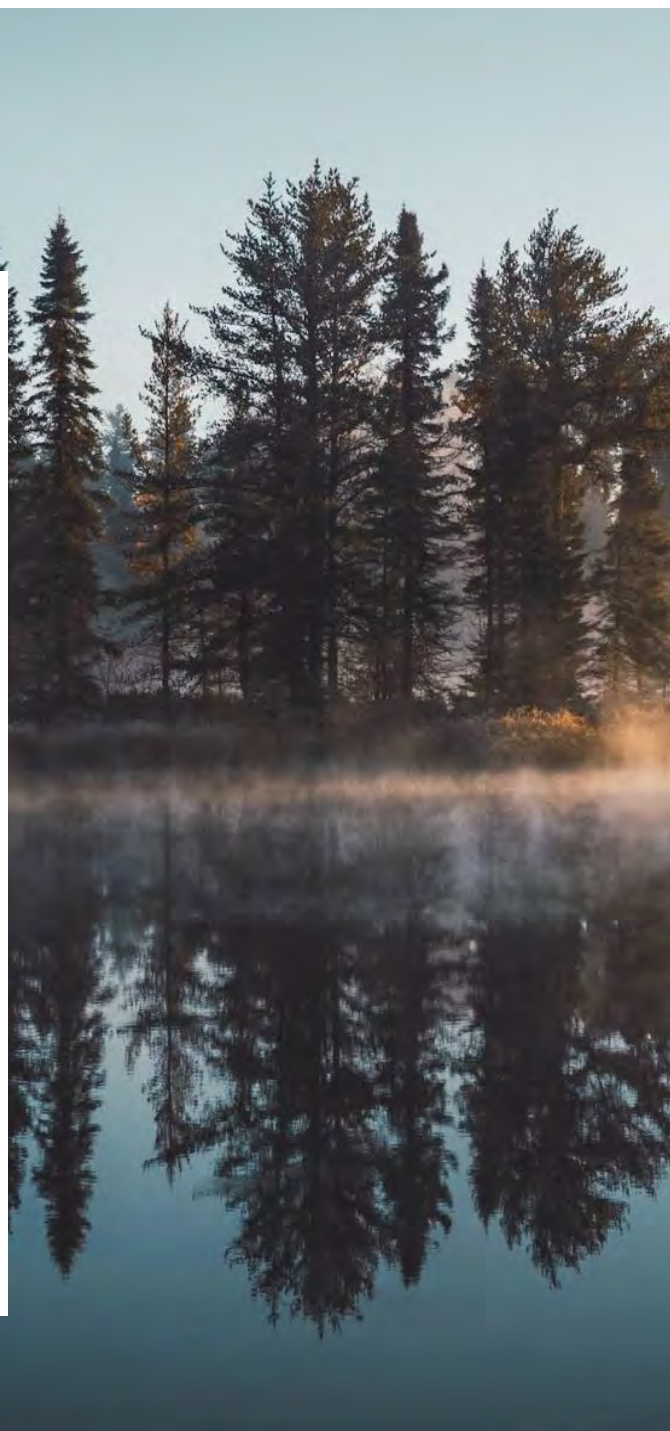
written by: ashley gillis



As I look at my growing belly...I feel sickened. This wasn't supposed to be my story. I am just a kid. A kid who was at the wrong place at the wrong time. I wanted to graduate high school, then college, get married, then kids. Someone took my dream and ran. Scream after scream and with a couple of "Someone please help me"... all of it was gone.

I hide my protruding stomach with embarrassment. They haven't found him. Are they even still looking? He is out there living his life BUT WHAT ABOUT ME?! Options have been discussed but the brutes won't let me out of this nightmare. Maybe because it never happened to them or anyone they have claimed to love. Everyone's world is moving forward and I feel as though I am at a standstill. BUT WHAT ABOUT ME?!

My hopes and dreams, my soul, my possibilities, my sanity and feelings seem to be invisible while my belly is visible. The dirty looks of disgust as if it was my fault. I'm screaming inside.....the hurt.... the pain..... BUT WHAT ABOUT ME?! ■



TAKING A MOMENT TO SMELL THE DUST



photograph by: Nica Alston



MIRACLE, HERRING RUN PARK



poem by: vicki kline, m.s.w., l.c.s.w.-c.

This is what I want my daughter to know:

It was never the din of mysterious rituals,
religious foundations of my youth,
though they planted my feet on solid ground
and blessed my journey.

It wasn't the rich whirlwind of relationships;
giving and pulling and sorting through layers of need
that form the community which nurtures me.

It wasn't work, the sweat and pride and satisfaction
of service or ambition or achievement.

It's never been art, flirtatious and fickle,
though it transforms my vision
into arms wrapped around the world.

No, it was never this.

Finding silent spaces saved me.

~~~

And so it was, of an ordinary Saturday morning,  
playground still damp with late summer dew,  
bathed in the shadow of a grand oak, split by lightning;  
enchanted by melodies of cardinals,  
mesmerized by a symphony of crickets,  
the hypnotic creak-creak-squeak of metal swings;  
punctuated by the rhythmic rumble of city buses  
and shouts of children in the distance; and  
despite the instructive intrusion of my own voice –

Magdalena closed her eyes  
and listened. ■



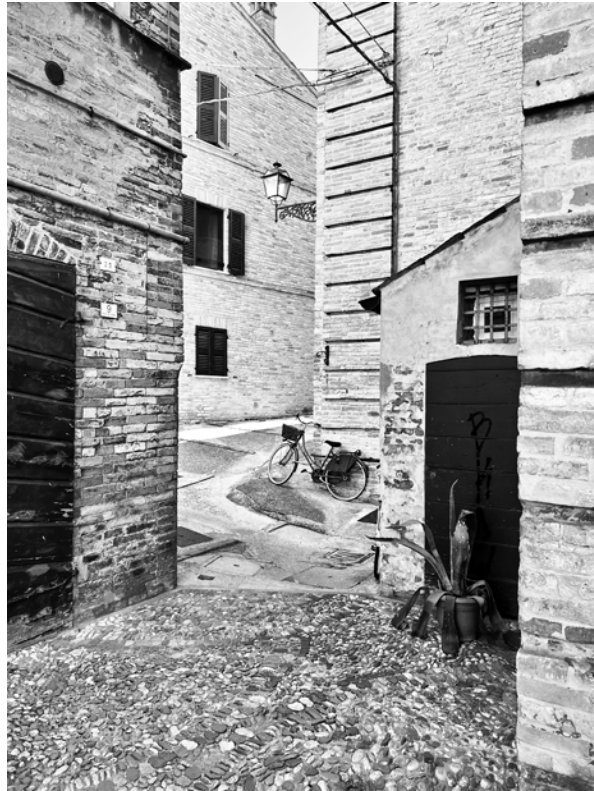
# SANTA VITTORIA IN MATENANO



photographs by: mark phillips, m.d.







# I AM THAT GIRL

poem by: chris rawlinson, m.s.n.



I am that girl  
I am that woman  
I am all of you  
I am the one who reached out and went for it  
I am the one that has such love and support  
Behind me and surrounding me  
That I can make this leap half way around the world  
From now on I will no longer listen to those voices  
The ones that say you can't do that  
The ones that say you will fail

I now only listen to the one that says  
Go for it and don't worry about the fear  
The one that says you got this  
I will say yes even when I'm afraid  
I will say yes to new adventures and opportunities  
But I will always have you in my mind and my heart  
Knowing you love me and support me is why  
I am that girl  
I am that woman  
I am all of you ■

# GARDEN ZEN

collage by: janet siddiqui, m.d.



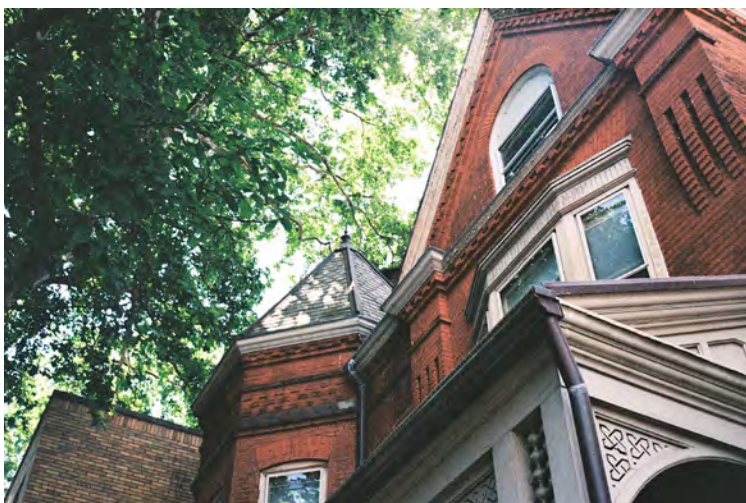
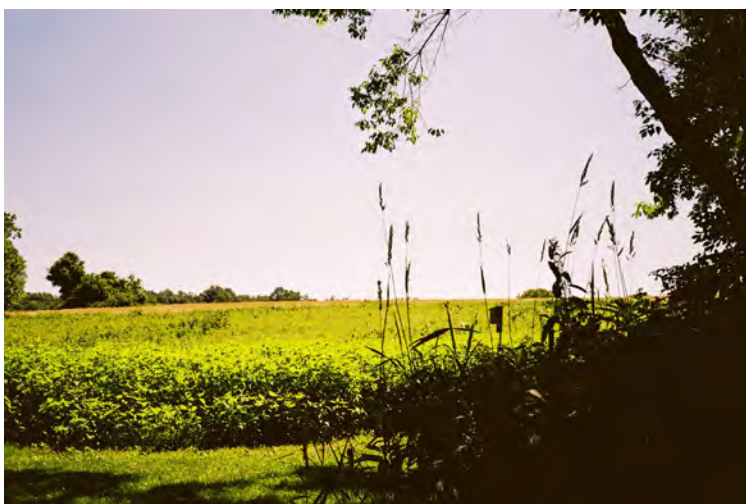
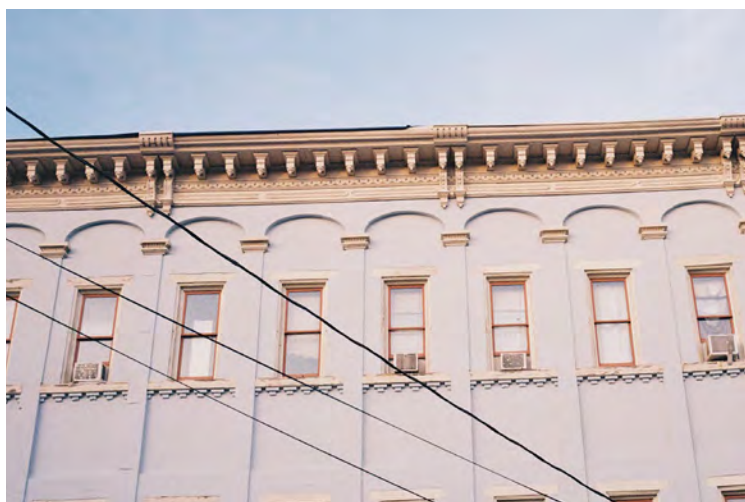
# SONG OF CICADAS

ink & watercolor by: yao-yao zhu, m.d.



# OLYMPUS TRIP 35

photographs by: jamie crain

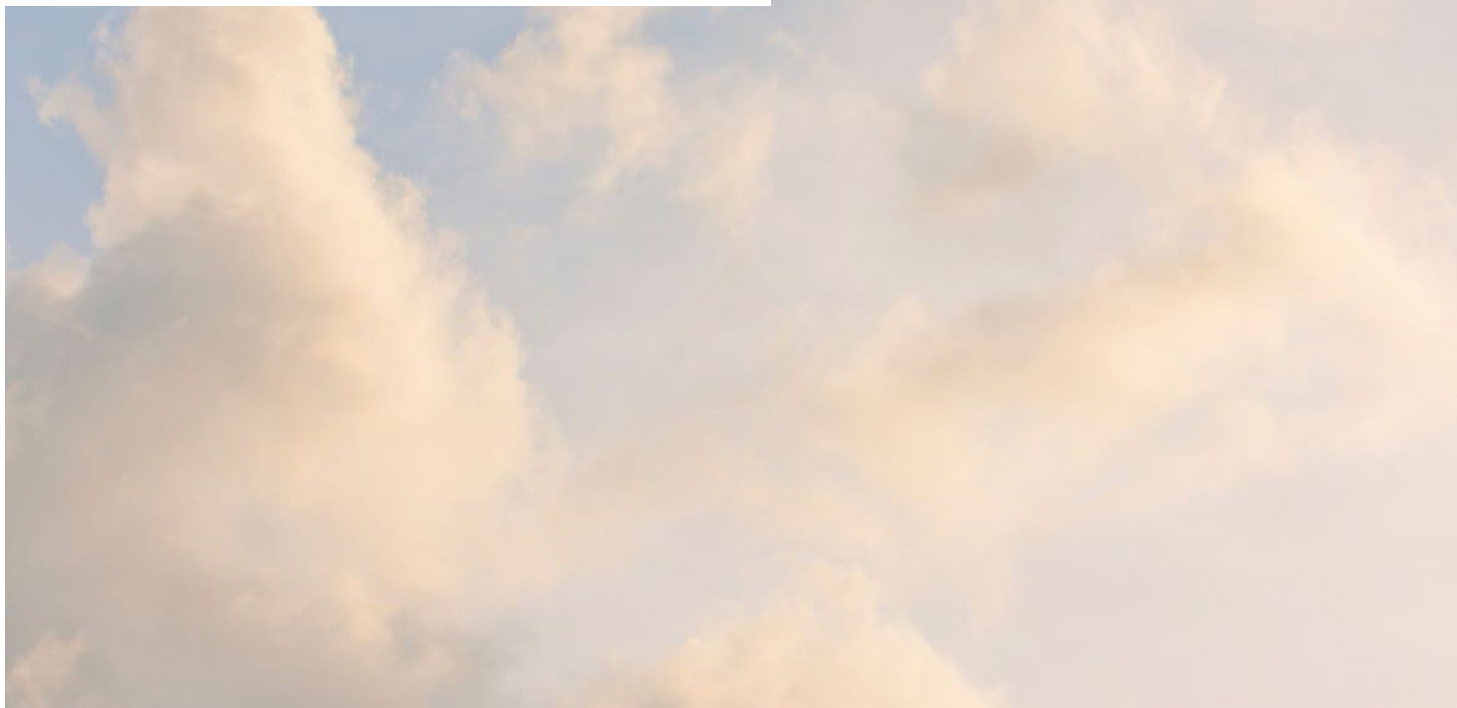


# BOOK CLUBS AS AN ANTIDOTE TO LONELINESS



by: sajida chaudry, m.d.

I've always loved libraries. My favorite activity as a child was our weekly visit. My cousin and I would race up the steps together. The sunlit rooms, cozy chairs and immense array of books was always a welcoming retreat. With these books, I could be anyone and go anywhere! I was a pirate, a detective, a princess- even the sky wasn't the limit. I was an astronaut and an alien. I could travel anywhere I wanted through these books. These books took me on journeys far and wide. This was how I made sense of the world around me and how I understood people and experiences.





Over the years, my life as a doctor and parent has taken up a significant amount of my time and I had forgotten about reading stories until a friend at work asked me to start a book club with her. Being new to the practice she presciently understood the need to build a community of friends! A book club was her loneliness antidote. Being a perfectionist, I mentally agreed to a year to see how things went before I committed to an indefinite challenge. Five years later, we are still at it! Our book clubs have expanded, contracted, morphed, moved, returned but the constant has been the joy of reading, connecting and learning something new. In a funny way, I have also made friends with the characters in the books that are unlike anyone I might know. My commute home is full of fun characters and fascinating stories with my audio books!

The strange thing about book clubs is that they turn a relatively solitary activity of reading into a social one of sharing thoughts and feelings. Both introverts and extroverts can enjoy the activity. I hadn't ever really given loneliness a second thought until my colleague confided that she felt lonely in the new practice. Clinical practice has become lonelier over the years with providers giving up their lunch hours to work on notes, make calls and do the numerous things that make up the modern practice of medicine. Book clubs can be a way to reduce professional exhaustion and build community. They help us bring a little levity and sparkle back into our day. ■

# REMEMBERING GOD IN THE LOW MOMENTS



*A GIFT FOR MY GRANDMA.*

produced **by: norman dy, m.d.**

vocals **by: jonathan m. nolasco**



**Jonathan M. Nolasco**  
'Inexplicable'



*Vocals by Jonathan M. Nolasco.; production and instrumentals by Norman Dy, M.D.*

Click or tap the play button above to open the music file link.  
Alternatively, [click here](#).





# DETERMINATION

photograph by: danie noble



# TAKE A MINUTE

poem by: pamela brooks



It takes less than a minute to tell yourself, “I’m happy today.”

It takes less than a minute to move your facial muscles ever so slightly upward to create a smile.

It takes less than a minute to lift your eyes, open them wide and bright and give off a clean, clear visual vibe for the world to see.

It takes less than a minute to take a deep breath. To Inhale. To Hold. To Exhale.

It takes less than a minute to look Heavenward and say, “Thank You.”

If you can stop what you’re doing for just a minute...

Stop thinking

Stop moving

Stop talking

Be still...

Now take a minute to open your mind to the possibilities of today.

Find one beautiful thing in your world right this minute.

Do you see it?

What are you grateful for in this minute?

What brings you joy in this minute?

What is the best thing in your life in this minute?

Be present. Be grateful. Be happy...in this minute. ■

# TIGER & MARINER POINT PARK AT SUNSET

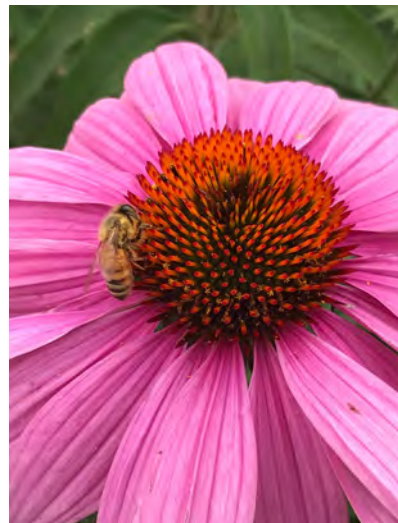


graphite drawing & photograph by: **jennifer walsh**



# BLOOMED

photographs by: erica l. collins



# REFLECTION ON THE LIFE OF THE SPIRIT: 3 HAIKUS



haikus by: kelly koay, m.d.

Do not hear my words  
Look at what I am doing  
They are the real me

The light is hidden  
Through effort and assistance  
It shines bright as day

The tightly closed bud  
Responds to the divine breeze  
And blossoms sweetly

# NATURE AS A NURTURER



photographs by: bikram shrestha, m.d., m.p.h.



# ARTS AT JHCP: PAINT NIGHT

*a group submission*



In August 2022, Arts at JHCP, a program that aims to integrate the arts into our work lives to support joy and well-being among our people, teamed up with the JHCP Diversity Council to host a virtual paint night with instruction by renowned artist, Belina Buisson-Wright. Here are a few of the pieces painted by participants!

Artists from left to right: Thomna Ringgold, Melody Nangle, C.R.N.P., Laura Jensen, Jennifer Lee, Chamara Hasan, M.D., Ashley Gillis, Alice Lee, M.D., Jenel Wyatt, M.D., Cynthia Fautleroy, R.N.

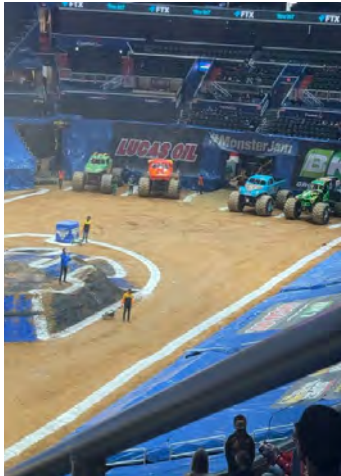
# UNICORN YOGA

sticker art *by: alice lee, m.d.*





# CONTRIBUTOR BIOGRAPHIES

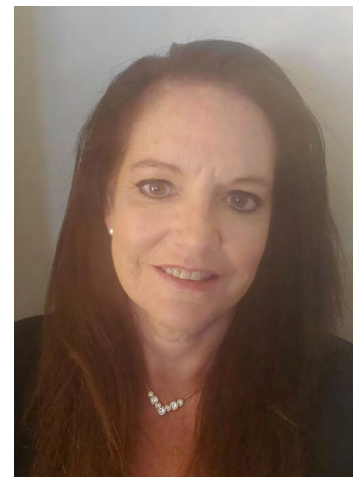


## Nica Alston

Nica Alston is a medical assistant at Johns Hopkins Community Physicians' Signature Ob/Gyn practice. She has worked with Johns Hopkins for three years, and her favorite thing about her job is getting to meet many different people. Art helps her create memories in both physical and emotional ways. Outside of work, she enjoys spending time with her family and, in fact, the importance of spending time with family served as her inspiration for her photograph, "[Taking A Moment to Smell the Dust](#)" on page 22.

## Pamela Brooks

Pamela Brooks serves as practice administrator for our Water's Edge location. She has worked with Johns Hopkins Community Physicians for just over a year. Her favorite thing about her job is having an opportunity to make at least one person's day a little brighter. This is her second time contributing to *Meraki*; she says that art is a way for her to express her thoughts. Her poem, "[Take a Minute,](#)" can be found on page 34.



## Barbara Chalom, P.A.-C.

Barbara Chalom, P.A.-C., is a physician assistant on the Johns Hopkins Community Physicians hospital-based medicine team at Suburban Hospital. She has worked with Johns Hopkins for 12 years. Her inspiration for her second submission to *Meraki*, "[Discarded](#)" (p. 6), is her teens who "throw everything on the floor." P.A. Chalom notes that the effect creativity has had on her during the COVID-19 pandemic is difficult to explain. "Expression through art has helped me focus outside of work and family stresses to tap into another part of living." Her favorite thing about her job is her colleagues, and outside of work she enjoys reading, making art, exercising and being with her family.





### **Sajida Chaudry, M.D.**

Sajida Chaudry, M.D., M.P.H., practices family medicine at Johns Hopkins Community Physicians' Odenton location, where she also serves as office medical director. Dr. Chaudry is a member of the JHCP Academy of Clinical Excellence and co-leads the Joy at Johns Hopkins Medicine workgroup. As part of that workgroup, she spearheaded a new project at JHCP in 2022: creating an organization-wide book club. The book club served as her inspiration for her written reflection, "[Book Clubs as an Antidote for Loneliness](#)," found on page 30.

### **Erica L. Collins**

Erica Collins is a patient access specialist for Access Services. She has worked with Johns Hopkins Community Physicians for three years. Her favorite thing about her job is that it allows her to help others. Her photo series, "[Bloomed](#)" (p. 36), is her third submission to *Meraki*. She says, "photography allows me to freeze moments of beauty." Outside of work, Erica enjoys spending time with her son.



### **Jamie Crain**

Jamie Crain is a communications specialist on the Johns Hopkins Community Physicians Marketing and Communications team. She's been with JHCP for more than four years. She loves her job because every day is different and she gets to work with people across the organization. A few months ago, she got a refurbished Olympus Trip 35 film camera, and has been spotted carrying it with her everywhere she goes. She also feels awkward writing about herself in the third person, as she is *Meraki's* designer. A few of her (...my) [photographs can be found on page 29](#).



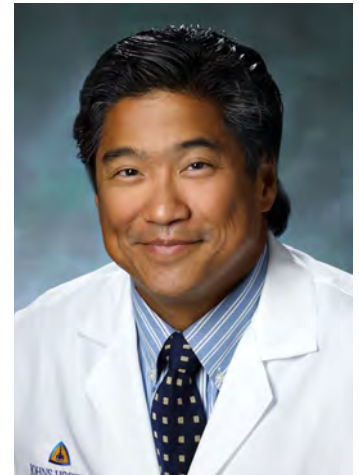


### Lorie Cram, M.D.

Lorie Cram, M.D., M.B.A., serves as the office medical director at our Charles County location, where she also practices family medicine. She received her medical degree from the McGovern Medical School at the University of Texas Health Science Center in Houston and has worked with Johns Hopkins Community Physicians for about five years. Dr. Cram's submission, photographs of San Francisco and Yosemite, [can be found on page 9](#). Outside of work, Dr. Cram enjoys traveling, exploring and enjoying the beauty of nature.

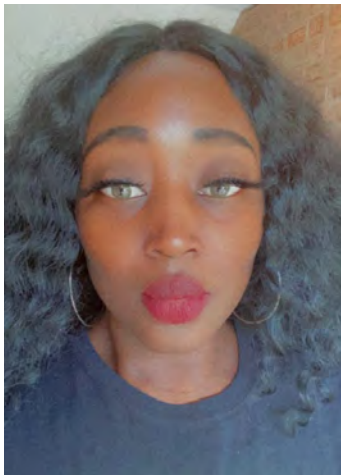
### Norman Dy, M.D.

Norman Dy, M.D., is the office medical director for Johns Hopkins Community Physicians' Direct Primary Care (DPC) program. Dr. Dy collaborated with colleagues, Carolyn Le, D.N.P., Jonathan Nolasco and Kellie Renich, R.N., to produce, arrange and play instrumentals for four musical contributions. You can find them on page 12 ("[Don't Speak & Vienna](#)"), page 19 ("[Dreams](#)") and page 32 ("[Inexplicable](#)"). Dr. Dy says that art is the expression of the spirit. His favorite part of his job is helping patients in their everyday lives.



### Ashley Gillis

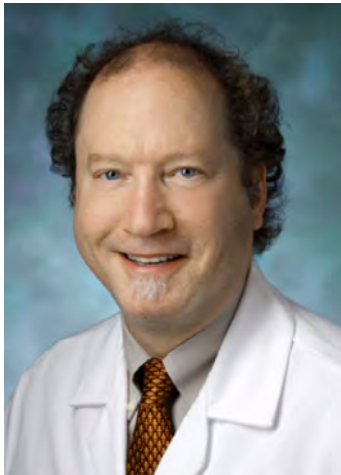
Ashley Gillis is a medical office assistant at Johns Hopkins Community Physicians in Downtown Bethesda and is a member of the Arts at JHCP program. She has worked with JHCP for about three years and her favorite things about her job are being able to help others and laughing with her coworkers. Ashley's second submission to *Meraki*, "[BUT WHAT ABOUT ME?!](#)" ([page 21](#)), is an emotional reflection. She was inspired to write it to give a voice to those who have been overlooked. Writing is her outlet, and she's honored to share her work in *Meraki*. Outside of work, Ashley enjoys spending time with her children.





### Jennifer Janus, M.D.

Jennifer Janus, M.D., practices internal medicine and pediatrics at Johns Hopkins Community Physicians in Hagerstown. She has worked with JHCP for 12 years and her favorite thing about her job is problem solving with her patients to find the best way to care for their health as an individual. She was inspired to write her reflection, [“Why Bad Art is Important to Me” \(p. 7\)](#), after a conversation with colleague and *Meraki*’s editor, Alice Lee, M.D. Outside of work, Dr. Janus enjoys art, hiking, cooking and traveling.



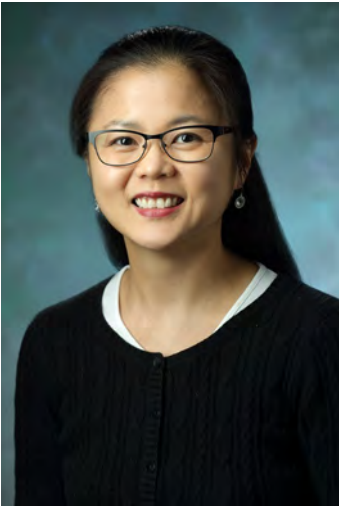
### Robert Kass, M.D.

Robert Kass, M.D., practices family medicine at Johns Hopkins Community Physicians in Westminster and has been with JHCP for 32 years. His poem, [“Relieved” \(p. 18\)](#), is his second submission to *Meraki*. He describes his submissions as “pokes” – poem-jokes. Dr. Kass received his medical degree from New York University School of Medicine, and completed his residency at MedStar Franklin Square Hospital Center.

### Vicki Kline, M.S.W., L.C.S.W.-C.

Vicki Kline, M.S.W., L.C.S.W.-C., is the social work manager for Johns Hopkins Community Physicians. She has worked with JHCP for nearly seven years. Vicki loves having the opportunity to walk alongside our patients in their realest moments; as a leader. She also loves having the opportunity to shape our vision for how to help and support people, particularly in East Baltimore. Her poem, [“Miracle, Herring Run Park” \(p. 23\)](#), is her fourth submission to *Meraki*. “The inspiration for most pieces is wherever I find beauty, meaning or peace in the meeting places of the natural, mystical and extremely human worlds.” Writing is important to her. It “gives me a space to breathe, to name the mysteries that mesmerize and baffle me, to capture fleeting moments of creativity in an otherwise very routine life!” Outside of work, Vicki enjoys spending time with her 2-year-old daughter, husband, friends and family.





### **Kelly Koay, M.D.**

Kelly Koay, M.D., practices both pediatrics and internal medicine at our White Marsh practice. She has worked with Johns Hopkins Community Physicians for about five and a half years. Her favorite thing about her job is being of service to others – as simple as helping someone with their shoes, or as important as catching a life-threatening illness. “Even on the days when it’s a grind, it’s important to remember that we have many opportunities to help others, and do so every day.” She says that art brings joy, and joy is essential to our lives. Dr. Koay has been taking a course by The Ruhi Institute, “Reflection on the Life of the Spirit,” inspiring her submission of [three haikus, found on page 37](#). She explains that the haikus allow a non-literary person like herself to explore themes of spirituality. Outside of work, Dr. Koay has many interests, including reading, puzzles, board games and, right now, watching C-dramas.

### **Sarah Lantzy, M.D.**

Sarah Lantzy, M.D., is an internal medicine and pediatrics provider at Johns Hopkins Community Physicians’ Frederick practice. She has worked with JHCP for eight years, and her favorite thing about her job is that she is never bored. “There is always something new to learn. I treasure the daily interactions with other human beings and getting to know them in a way that we as primary care physicians are lucky to do.” Her first submission to *Meraki* is her photograph, [“Frederick Fair 2022” \(p. 11\)](#). She notes that the fair has roots going back to 1822, when it was a Cattle Show and Fair along the National Pike. Outside of work, she enjoys spending time with her husband and three cats, Max, Sebastian and Sarge. She also treasures weekly Sunday dinners with her extended family, who also live in Frederick. Dr. Lantzy is also an avid nonfiction audible book and podcast enthusiast.



### **Carolyn Le, D.N.P.**

Carolyn Le, D.N.P., is a nurse practitioner for Johns Hopkins Community Physicians’ Direct Primary Care program. N.P. Le also serves as a co-lead for JHCP’s Advanced Practice Provider workgroup. She collaborated with colleague Norman Dy, M.D., to produce two musical contributions, for which she provides vocals. They are covers of [“Don’t Speak & Vienna.”](#) found on page 12. N.P. Le contributes musical pieces to *Meraki* year after year and has historically been a part of JHCP’s provider band, the Asystolics, as a singer.



### Danny Lee, M.D.

Danny Lee, M.D., serves as chief medical information officer for Johns Hopkins Community Physicians, in addition to practicing internal medicine at our Odenton practice. Dr. Lee has worked with JHCP for 15 years and his favorite thing about his job is his role in helping our providers deliver the best care possible. Photography reminds him that there is beauty all around, “you just have to be receptive to seeing it.” His submission to *Meraki*, [“In My Neighborhood”](#) (p. 20), was shot during a walk last fall. “It is a walk I’ve taken many times, but never noticed this view.” It had rained the night before, amplifying the colors of the foliage.

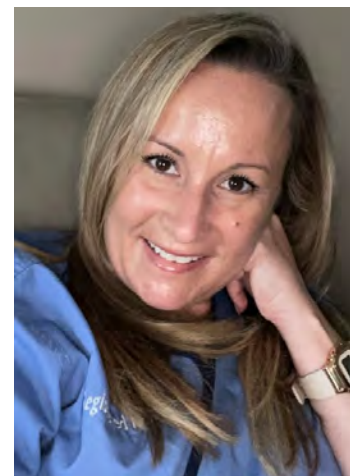


### Clelia Negrini, M.D., Ph.D.

Clelia Negrini, M.D., Ph.D., is a physician on the Johns Hopkins Community Physicians hospital-based medicine team at Sibley Memorial Hospital. She has worked with JHCP for two years and cites her colleagues as her favorite part of her job. Dr. Negrini says that creativity has always been important in her life. She submitted two paintings to *Meraki*, [found on page 13](#). One is a portrait of her daughter with different coloring to represent her father’s and her own colors. The other she describes as summer represented as a painting.

### Danie Noble

Danie Noble serves as practice administrator at Johns Hopkins Community Physicians’ Howard County pediatrics practice. She has worked with JHCP for five years, and loves the children she takes care of and her amazing team. Danie started photography as a hobby, and says it has helped her be more present. The inspiration for her photograph, [“Determination”](#) (p. 33), is her son who “works so hard and is determined to win every race.” Outside of work, she loves reading, taking photos and, most importantly, spending as much time as possible with her two boys.





### Jonathan M. Nolasco

Jonathan Nolasco is a medical office assistant at Johns Hopkins Community Physicians' Direct Primary Care practice. He has worked with JHCP for nine months and enjoys working with his coworkers to complete their daily goals. Of his talent for singing, Jonathan says, "Playing the guitar and singing for God helps keep me at peace no matter the situation." His first submission to *Meraki*, [a song found on page 32](#), was a collaboration with Norman Dy, M.D. He chose the song as a tribute to his grandmother. "Through every health battle, my grandma has been able to maintain her hope in God. When she requested that I sing this worship song, even though I knew it was going to be challenging, I had to gift it to her. The worship song is meant to bring glory to God and bring His strength to those needing it."

### Mark Phillips, M.D., Ph.D.

Mark Phillips, M.D., practices family medicine at Johns Hopkins Community Physicians in White Marsh. He also serves as the chair of the JHCP Credentialing Committee and a co-chair of the JHCP Research and Projects Committee. He has worked with JHCP for 22 years. Dr. Phillips received his medical degree from University of Maryland School of Medicine, and completed his residency in family medicine at University of Maryland Medical Center. Dr. Phillips' submission, a series of photographs, ["Santa Vittoria in Matenano,"](#) can be found on page 24.



### Chris Rawlinson, M.S.N., R.N.

Chris Rawlinson, M.S.N., R.N., is director of education and nursing for the Johns Hopkins Community Physicians Clinical Education department. She has served in this role for two years and loves getting to work with great people, collaborating on projects that improve both staff and patients' experiences. Her first submission to *Meraki*, a poem, ["I Am That Girl,"](#) can be found on page 26. She wrote it in 2017, inspired by a move to Saudi Arabia. It was the first time she had lived outside of two counties in Maryland. Outside of work, Chris enjoys spending time with family and friends and traveling.



### **Kellie Renich, R.N.**

Kellie Renich, R.N., is a clinical education nurse in the Johns Hopkins Community Physicians Clinical Education department. She is celebrating her 10-year service anniversary this year. Her favorite thing about her job is helping someone learn something new and find their 'ah ha!' moment. While this is her first submission to *Meraki*, Kellie is active in the Arts at JHCP program and has historically been a part of JHCP's provider band, the Asystolics, as a singer. Her cover of "[Dreams](#)" can be found on page 19. Kellie is a long-time fan of Fleetwood Mac. She says, "My goal wasn't to sound like the songwriter, but to express the emotions that went into writing it." For Kellie, music has been a healthy outlet for stress during COVID-19. "Sometimes it is cathartic. I find it to be a healthy way to work through the tangle of emotions brought on by the uncertainty of the pandemic."



### **Bikram Shrestha, M.D., M.P.H.**

Bikram Shrestha, M.D., M.P.H., is a physician on the Johns Hopkins Community Physicians hospital-based medicine team at Suburban Hospital. He has worked with Johns Hopkins for six years and appreciates being able to touch people's lives in his profession. Dr. Shrestha's first submission to *Meraki*, a series of photographs titled "[Nature as a Nurturer](#)," can be found on page 38. He describes art as an "unseen flower that spreads greater fragrance in life." Beyond his work as a physician, Dr. Shrestha enjoys sports, reading and playing with his kids.

### **Janet Siddiqui, M.D.**

Janet Siddiqui, M.D., serves as office medical director for Johns Hopkins Community Physicians' Odenton pediatrics practice. She has been with JHCP for 27 years, and her favorite thing about her job is helping people on their wellness journeys. Janet's submission to this year's edition of *Meraki*, a photo collage from her garden, [can be found on page 27](#). She says, "the color palette and energy of plants and flowers in the garden, and in nature, have a profound impact on health." When she is not providing care to patients, Dr. Siddiqui enjoys gardening and spending time with her grandchildren.







### Jennifer Walsh

Jennifer Walsh is a medical office assistant at Johns Hopkins Community Physicians' Water's Edge location, and has been with JHCP for more than six years. Her submissions to *Meraki*, "[Tiger & Mariner Point Park at Sunset](#)," can be found on page 35. Art plays a large role in Jennifer's life: "drawing, painting, photography and music – all forms of art fill my soul and bring positivity," she says. Outside of work, where she loves helping patients, Jennifer enjoys hiking with her camera in hand.

### Shasta Walton

Shasta Walton is a medical assistant at Johns Hopkins Community Physicians' Brandywine location. She was brand new to JHCP when she submitted her pieces for *Meraki*, a photo series titled "[Longing for Kodiak](#)," which can be found on page 16. Shasta's family was stationed in Kodiak, Alaska, from 2018-2019. She cites it as one of the best experiences of her life. "As much as I love being in the lower 48, I often find myself longing for Kodiak." Photography opens her eyes to the beauty around her: "When looking through the camera, you can zoom in on something that seems small and insignificant and bring it to life in a big way... there is always something to be grateful for if you look for it." Outside of work, Shasta enjoys working out, blogging, traveling and singing. She is also obsessed with Big Brother (and has applied to be on the show!).



### Tammie Wendell

Tammie Wendell is an executive assistant at Johns Hopkins Community Physicians' Mt. Washington administrative office, where she has worked for seven years. Her favorite thing about her job is her coworkers and being part of a team. Tammie is a regular contributor to *Meraki*. Her poem, "[Hey Mom](#)," can be found on page 15. Art is a release for her – she enjoys writing, woodworking, jewelry-making and adult coloring books. Beyond her creative pursuits, Tammie enjoys fishing and boating in her free time.



### **Yao-Yao Zhu, M.D.**

Yao-Yao Zhu, M.D., is an internal medicine physician on the Johns Hopkins Community Physicians hospital-based medicine team at Suburban Hospital. She has worked with Johns Hopkins for five years, and enjoys talking with patients and their families to relieve their suffering, to increase their understanding of their disorders, and to support their healing process. Her first submission to *Meraki* is an ink and watercolor piece titled "[Song of Cicadas](#)" (p. 28). "The cicadas of 2021 were part of the story during the peak of the pandemic. Their unified song reminded us of their unwavering accompaniment throughout the whole summer." Beyond work, Dr. Zhu enjoys volunteering in health clinics, painting, playing piano and flower arranging.



### **Alice Lee, M.D.**

Alice Lee, M.D., practices internal medicine and pediatrics at Johns Hopkins Community Physicians in White Marsh. Outside of her medical career, Dr. Lee is passionate about all things creative: music, poetry, writing, painting and photography. This passion for the arts is what inspired her to champion the JHCP Provider Art Showcase, as well as this project, *Meraki*, now in its fifth year of publication, for which she serves as editor. In 2022, she was asked by JHCP president Steve Kravet, M.D., to start an Arts at JHCP program. Arts at JHCP presents monthly programs for employees, including events like a virtual art show, virtual poetry slam and virtual paint night ([see the group submission](#) on page 39!). Dr. Lee's contribution to this edition of the journal is a "sticker by numbers" piece titled "[Unicorn Yoga](#)," found on page 40.





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