

# The High Point Pook

*HPC strives to guide, educate, encourage, and support*

June 2020

Volume 33

Dear High Point Family,

As many of you know, my time is drawing to a close at High Point Clinic, a place I have called home, and with all of you I've known as family. From my first time rotating as a medical student several years ago, I knew HPC was a unique place—somewhere people are treated with compassion, empathy, and given the privilege of empowerment. Again while in residency, I felt pulled towards the community I experienced with you all.

Being a doctor, mentor, and friend to many of you has been one of the most rewarding experiences of both my professional and personal life. To hear your stories of adversity, bravery, and the rawness of the human condition many of you have faced has truly impacted me and my goals for the future. To sit next to each other when the storms of life hit (and hit hard) and continue to row against the current has helped me grow further in understanding what it means to partner with someone in their journey to recovery. To celebrate the joys and victories in life, but also mourn and grieve the inevitable losses together were on my mind often while I fished the beautiful waters of East Tennessee.

I hope my passion for teaching has been evident during our time together. The many medical students, counseling students, and resident physicians who come and go through your clinic will carry your stories with them as they continue on in their training—I greatly appreciate your willingness to share with them. Something I've learned in the many years (more than I care to count) I've spent in education and training is the impact a good mentor and teacher can have. I have felt pulled more and more to educate the next generation of doctors how to not just be a good doctor, but how to truly *care* for people and meet them where they are in life. While I've loved being your doctor, I feel I can help more people by teaching young doctors to care for people the way High Point Clinic does, teaching them to strive to build practices that reflect the family HPC has become a family for many of you. In this regard, I'll be completing a Preventive Medicine fellowship in Nashville at Vanderbilt and Meharry, which will help prepare me to care for a much larger number of people. If you're on Broadway on the weekends, you might find me picking my 6-string as well.

It truly has been an honor to care for you as a doctor and friend. I am incredibly proud of each and every one of you and the growth I have watched you accomplish in our time together. The laughter and tears we've shared have continued to affirm my passion for advocating for compassionate, evidence-based addiction treatment.

Bob Dylan said it best with "the times are a-changin'" and I hope our time together has been fruitful in your life.

All my best, Dr. Josh Wienczkowski, MD



Saying Goodbye is never an easy thing to do. This month marks the end of our time with Dr. Josh Wienczkowski and Dr. Coleen Smith. They have each played such significant roles here as physicians treating our patients at High Point Clinic. We wish each of them the very best in their endeavors throughout their lives and we will always have fond memories of their time with us, giving love, care, time and attention to their/our patients.

As we learn to say goodbye we also begin to look at the need, at times, to let go, even and especially during those times when we would prefer to hang on.

Letting go is a necessary part of life which allows the ability to grab onto the next thing. For life is always in flux, constantly changing and we are learning how to live in the fluidity of life.

We wish the best for Dr. Wienczkowski and Dr. Smith!!

Saying goodbye and letting go does not have to be a horrible thing. It is sometimes the best thing and may be done with happiness for those whose hands we are letting go.

One of the  
hardest lessons in life is  
**letting go.**

Whether it's guilt, anger, love,  
loss, or betrayal. Change is  
never easy. We fight to hold on  
and we fight to let go.

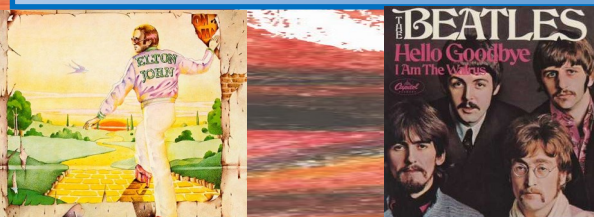
MAREEZ REYES

[tinybuddha.com](http://tinybuddha.com)

LIFE IS A  
BALANCE OF  
HOLDING ON,  
LETTING GO,  
AND KNOWING  
WHEN TO  
DO WHICH OF  
THE TWO.

[BAREDOQUOTES.COM](http://BAREDOQUOTES.COM)

**GOOD  
BYE**





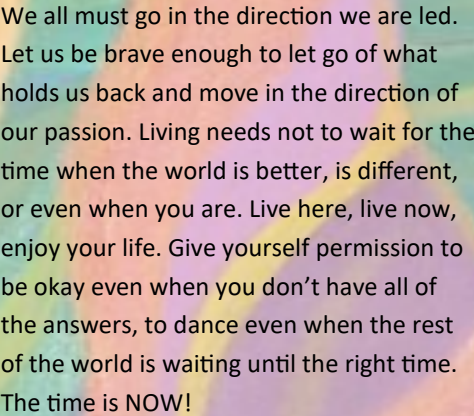
In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.

-Buddha



PEOPLE WILL FORGET  
**WHAT YOU SAID,**  
PEOPLE WILL FORGET  
**WHAT YOU DID,**  
BUT PEOPLE WILL NEVER FORGET  
**HOW YOU MADE**  
**THEM FEEL.**

- MAYA ANGELOU -

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