

General Surgery Wellness Committee Newsletter

November 2021

Congratulations to our chiefs Brian Young and Lung “LK” Lau for matching into fellowship in October!



Brian Young- Trauma & Surgical Critical Care Fellowship at University of Rochester



Lung “LK” Lau – Colorectal Surgery at Mount Sinai in New York

Halloween joy was spread to our residents last month! Trick or Treat!

[Check out our new wellness website!](#)

We have initiated Wellness Moments during WME!



Wellness Half Days

- When did you last use a Wellness Day?
- Sign up for them or mark them as the year goes on!
- [Track your Wellness Half Days Here](#)

PD and APD Office Hours

- Open door policy with our awesome admins
- Come meet, get advice, or just talk
- Nov. Office Hours

Dr Juza - Mon 11/1/2021 12:00p - 1:00p

Dr Ammori - Mon 11/8/2021 3:00p - 4:00p

Dr Ammori - Mon 11/15/2021 3:00p - 4:00p

Dr Steinhagen - Mon 11/22/2021 12:00p - 1:00p

Coming Soon

- **SWAG!** → General Surgery Scrub Caps Coming this Winter
- Winter resident gathering Dec. 4th, save the date!
- Send in HIPAA compliant operating pictures to add to our growing Chief Photo Collection to David.Ebertz@uhhospitals.org



Trivia Question of the Week

This Historical Cardiac Surgery Procedure was based around implanting the Internal Mammary Artery Directly into the Left Ventricle.

Last Month's Question: This Renowned Surgeon, Namesake of the Cancer Center in Buffalo NY, arrived too late to operate on President McKinley after he was shot. **Roswell Park**