



General Surgery Residency Wellness Committee Newsletter
October 2021

Up Upcoming Events

- Wellness Page to our website displaying initiatives
- Monthly Wellness Newsletters
- 1st Wellness Lecture in winter
- Keep Track of Future Events with our Wellness Calendar

Wellness Half Days

- Use Them! Let Your Team/Chief Know
- 6 Half Days a Year!
- Perfect for Health Appointments, when you have people visiting and want to be out of the hospital, or Naps
- When did you last use a Wellness Day?
- [Residents, Track your Wellness Days Here](#)

PD and APD Office Hours

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

Learner Tower 10 Gym

- New residents, don't forget we have a small gym for us
- On T10, door on the right past the call rooms
- Perfect for slow moments on call or before heading home

Coming Soon

- **SWAG!** – BIENNIAL RESIDENCY GIFT, THIS WINTER
 - Residents fill out your survey
- Resident of the Week Spotlights on UH social media
- Send in HIPAA compliant operating pictures to add to Our growing Chief Photo Collection to David.Ebertz@uhhospitals.org
 - To be displayed soon and will continue to grow

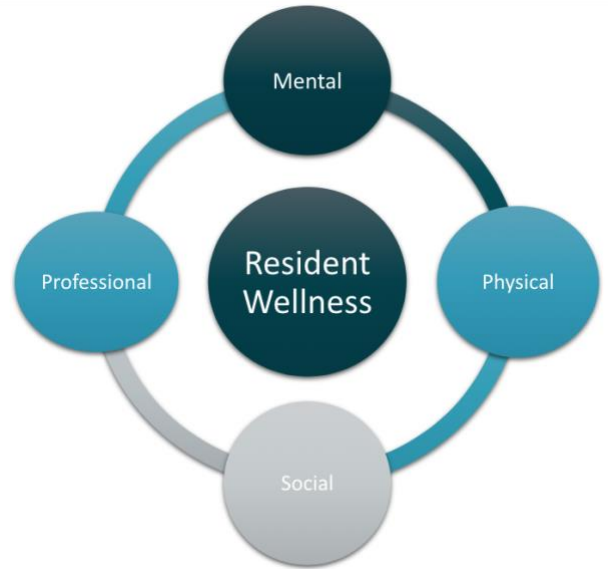


Trivia Question of the Month
This Renowned Surgeon,
Namesake of the Cancer Center
in Buffalo NY, arrived too late to
operate on President McKinley
after he was shot.

What is this committee?

Core Tenets

The Wellness Committee works to improve the wellbeing of our residents, and in that improve the care we provide to our patients. We foster a resident-led curriculum and core set of initiatives focusing on four core tenets of resident health:



Mental:

- Access to licensed psychiatrist and therapists
- Care Packages for injured/sick residents
- Six Wellness Half Days each year



Physical:

- Wednesday Morning Education Breakfasts
- Seasonal residency activities (#ActiveSurgeons)
- UH Swag bi-annual Gifts
- Holiday Call Team Meals

UH Surgery Residents @UHSurgeryRes - Aug 6
It's time for our weekly Trauma/ACS education conference! Today PGY2 Hannah Zhao is teaching the Acute Care Surgery, Trauma Surgery, and Trauma ICU residents about pancreatitis.



Professional:

- PD and APD Office Hours
- Weekly resident and faculty feature on UH Social Media
- Wellness Lecture Series
- Chief Grand Grounds



Social:

- Chief Photo Collection
- Birthday Announcements and Gift
- Bi-annual Resident Trivia
- Graduation Ceremony