

Upcoming Events

April 27th - Purple Stride Residency Group Walk

Early June - Chief Liver Rounds

June - Graduation, After Party

Check out our [Wellness calendar](#) for updates!



Past Event Photos



Residents, Fellows, and Faculty came together to cheer for the Cleveland Monsters! Thank you to the UH faculty and staff for making this event happen!

Welcome our new intern class!

UH SURGERY Categorical General Surgery Match 2024				UH SURGERY Preliminary General Surgery Match 2024					
Cenk Atilgazy Oswest Univ.	Hamza Nasir Chatha Shifa COM	Lauren Johnson Univ of North Dakota	William Julian CWRU	Akul Arora Univ of Michigan	Mina Ayed CWRU	Jeffrey Buda CWRU	Mario Carrillo Univ of Buffalo	Hong Lee Dartmouth	Stewart Macfield Univ Massachusetts
	Francesca Porzini Thomas Jefferson Univ.	Ananya Tawde NEOMED			Taylor Powell Louisiana State Univ.	Jayarath Rajan Lake Erie CDM	Angilia Wang Univ of Virginia	Elizabeth Washnock-Schmid Wayne State Univ.	

Quarterly Check In

As we take care of patients, please remember to take care of yourself and each other.

Please take the time to check in with yourself. ([screening form](#)) If you or your peers are struggling, please reach out to anyone you feel comfortable with. Please utilize any of the resources listed to the right.

Things To Do

With UH Wellbeing:

- [Register](#) for the Purple Stride Walk UH General Surgery Residency Team
- Help lead the Wellbeing Committee, please reach out to Megan Chiu (765-409-7002)

In Cleveland:

- Watch the Solar Eclipse in Cleveland, please make sure you have appropriate eyewear! (Lots of watch parties: Punch Bowl Social, Bar32, Ignite Brewing Company, etc)
- Cleveland Guardians season starts in April!
- Cleveland Taco Week - April 15th-21st!
- Visit Cuyahoga National Park - the Scenic Railroad opens in May!
- Cleveland Pride - June 4th
- Tremont Food Truck Festival - June 28th-29th

Resources

- ***New* Metlife UH Caregiver Support Program:** The program provides you and your family with easy-to-use services to help with the everyday challenges of life - at no additional cost. You can receive professional support and guidance for concerns such as stress, depression and anxiety, childcare and parenting issues, elder care needs, relationship concerns, financial and food insecurity, and more. This program includes five phone or video consultations with licensed counselors for you and your eligible household members per year. You can call **1-833-961-7304** to speak with a counselor or schedule an appointment, 24/7/365. For more information you can access their website [here](#).
- **UH Surgery Wellness Half Days** - Please utilize your half days. Everyone is given 3 half days off every 6 months, essentially 6 half days a year. Please try and coordinate these ahead of time with your chiefs!
- **UH GME Resources**

Care Packages

As always for those who would like to contribute to the wellness care package fund, please venmo David Ebertz @David-Ebertz. Your contributions have helped fund 5 care packages this year already!