

# Thrive!

## WELL BEING, DIVERSITY & INCLUSION

News, activities, and resources for UB residents and fellows

### UB GME LAUNCHES WELL BEING INITIATIVES

*Residents and Fellows encouraged to take advantage of Blue Cross Blue Shield insurance benefits*

Below are select benefits available to UB residents and fellows through your health insurance. Thanks to committee member and Psychiatry resident, Dr. Natalie Gugino, for putting this list together!

[www.bcbswny.com](http://www.bcbswny.com)

#### FITNESS:

- 30% off Fitness 19 enrollment
- \$39 signup and \$9.99 monthly @ Catalyst Fitness
- \$20 off any package at BikeOrBar on Elmwood
- Student discount @ East Meets West Yoga

#### DINING:

10% off greek yogurt @ Anderson's

#### NUTRITION:

- 10% off cooking class at Williams & Sonoma
- 5% off at Feel Rite
- \$40 off your first 2 HelloFresh boxes

#### FUN:

- \$3 off 30 minutes @ Lasertron
- \$1 off general admission @ Buffalo Zoo
- \$2 off climbing pass @ Niagara Climbing Center
- \$2 off admission @ Albright-Knox art gallery

#### MORE FUN:

- 15% off concert tickets at Kleinhans Music Hall
- 50% off one lesson at Iliana Ballroom Dancing
- Canalside – visit website for all offers (like 25% off kayak and paddle board rentals)
- 1 complimentary child admission @ Buffalo Niagara Aquarium
- 10% off U-pick @ Becker Farms
- 10% off @ Sabres store

### *Well Being Subcommittee Report*

The Resident Well Being Subcommittee was launched in January 2017. The group meets on the first Thursday of each month, and members include residents, fellows, program directors, program administrators, and GME staff. The group has created a mission statement, and embraced a definition of well-being for the GME community (both can be found at the end of this message).

Current efforts of the Resident Well Being Subcommittee include:

- Improving communication about well-being efforts with the UB GME community
- Gathering information about current well-being efforts underway in residency and fellowship programs
- Improving support services and mental health resources for residents and fellows
- Screening residents for depression
- Conducting a pilot study on self-care in residency
- Exploring community resources and possible partnerships



Thanks to Power Yoga Buffalo for sponsoring the February meeting.

<http://poweryogabuffalo.com/>

### *Diversity and Inclusion News*

The GME community is encouraged to nominate individuals for the 2017 Awards of Excellence for Promoting Inclusion and Cultural Diversity. This is an opportunity to recognize members of the JSMBS community who, through actions or example, work to create a welcoming climate of respect and inclusiveness for all at JSMBS, UB and/or throughout Western New York.

Nominations are being accepted in the following categories: Medical (MD or MD/PhD) Students; Medical Residents; PhD Graduate Students; Clinical or Basic Sciences Faculty; and Staff.

Submit nominations by April 24, 2017

<http://medicine.buffalo.edu/education/awards.host.html/content/shared/smbbs/education/scholarships/promoting-inclusion-diversity.detail.html>

### RESIDENT WELL BEING SUBCOMMITTEE MISSION STATEMENT

To encourage members of the GME community to flourish in their personal and professional well-being by:

- appreciating their own abilities and strengths;
- intentionally attending to the six dimensions of well-being;
- engaging in work and learning;
- managing the challenges and stresses of life; and
- connecting and contributing to their relationships and environment.

PHYSICAL \* EMOTIONAL \* SOCIAL \* INTELLECTUAL/EDUCATIONAL \* OCCUPATIONAL \* SPIRITUAL/MEANINGFUL