

Thrive!

WELL BEING, DIVERSITY & INCLUSION

News, activities, and resources for UB residents and fellows

UB Resident's Guide to Buffalo Arts, Architecture, and Activities

Below are suggestions for great Buffalo activities to consider taking advantage of. Thanks to committee member and Psychiatry resident, Dr. Raymond St. Marie, for putting this list together!

ARTS:

M&T bank "Free Fridays"

Enjoy free admission once a month to four of the most popular Western New York arts, cultural, and historical institutions:

- Albright-Knox Art Gallery (First Friday of the month)
- Burchfield Penny Art Center (Second Friday of the month)
- The Buffalo History Museum (Third Friday of the month)
- Buffalo Arts Studio (Fourth Friday of the month)

Other Great Buffalo Museums:

- The Buffalo Transportation Pierce Arrow Museum- Antique vehicles and historic artifacts visually display the rich transportation history of Western New York.
- Buffalo Museum of Science- Natural science museum with permanent, traveling and hands-on exhibits from anthropology, botany, geology, entomology, and zoology.
- The Museum of disABILITY History- This museum proves that everything is possible. It is a trusted, go-to resource for anyone that is looking to learn about the history, challenges, and achievements of people with disabilities over the past few centuries.

THEATRES:

https://www.tripadvisor.com/Attractions-g60974-Activities-Buffalo_New_York.html FUN Lists local theatres and current performances

MUSIC

Check out the diverse music scene across the city!

<http://stepoutbuffalo.com/live-music-buffalo-ny-week/>

ARCHITECTURE

Enjoy some of Buffalo's unique and beautiful architecture by some of the great designers of the modern era including: Frank Lloyd Wright, Henry Hobson Richardson, Eliel Saarinen, and many more.

- Richardson Olmstead Complex- Historic building surrounded by a pleasant park which is now the site of Hotel Henry
- Buffalo City Hall- Art Deco style detail inside and out with a panoramic view of the city from the top floor
- Kleinhan's music hall- Built in an International style in the 1930's, this is home to the Buffalo Philharmonic Orchestra
- Elicott Square Building- Enjoy the modern architecture and try a Beef on Weck sandwich while you are here
- Buffalo Central Terminal- Art Deco at it's finest!
- And many more- The Statler Tower, One M&T Place, Market Arcade Building, numerous historic churches and cathedrals

OUTDOORS:

- Hiking in Buffalo:
This part of the state is rich with beautiful and unusual geographic features. It is great for hiking, snow shoeing, and skiing. From the majestic waterfalls of Niagara Falls to the high-rising cliffs of the Gorge in Letchworth State Park, Western New York State is surprisingly appealing to all adventurers and nature lovers.
<http://www.wnyhikes.com/index.php>
- Map of Buffalo Public Parks:
https://www.ci.buffalo.ny.us/files/1_2_1/city_departments/public_works_and_streets/parks/pdfs/MapParksParkways.pdf
- Recommended Inclusive online guide to Buffalo:
Step Out Buffalo is Buffalo's ultimate guide to food, fun, dining, and entertainment. Events, guides, dining news, restaurant reviews cover all of western New York.

GME Acknowledges Suicide Prevention Week

Suicide is the top cause of death among male residents and the second leading cause of death among female residents. This week is dedicated to suicide prevention. This brief article is intended to raise awareness and share important suicide prevention resources. Below are two links to a 4 minute video that was produced specifically to address resident suicide, including the responsibility of everyone in the GME community to be aware and able to respond:

via YouTube: <https://www.youtube.com/watch?v=I9GRxF9qEBA>

via the ACGME website: <http://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/Resources>

Below are three important steps (taught in QPR suicide prevention training) to be used if you hear direct verbal cues (I wish I were dead, I'm going to end it all, etc), indirect cues (I just want out, Pretty soon you won't have to worry about me), or know of behaviors such as putting personal affairs in order, giving away possessions, sudden interest in religion.

1. QUESTION: Don't wait – ask a direct question:
 - “Have you been so unhappy that you've been thinking about ending your life?”
 - “You look/sound pretty miserable, I wonder if you're thinking about suicide?”
 - Best not to ask it in a way that suggests you only want a “no” answer (“you're not thinking about suicide, are you?”)
2. PERSUADE: If they say yes – keep them talking
 - Listen to their problem
 - Offer hope-anxiety, fear, etc. are normal emotions, “I want you to live”
 - Imagine a solution beyond the present situation – a future – a plan B (it's OK that plan A didn't work)
3. REFER them: walk to a counseling location, call a counseling center with them and arrange together an appointment
 - Last option – “will you promise me not to kill yourself until we've found some help?”
 - Health Services-Michael Hall South Campus 829-3316
 - University Police will contact counselor on call after hours and on weekends: 645-2222
 - Crisis Services Erie County: 834-3131
 - National Suicide Prevention Lifeline 1-800-273-8255
 - 1-800-SUICIDE (1-800-784-2433)

Thank you all for supporting UB residents and fellows.

Wellness Champions Needed...International Day of Meditation

Buffalo Niagara Medical Campus is in the works of planning a medical campus meditation on Sept. 21st (4-7:30pm) with Lululemon and Yogis in Service (YIS). The event will include mental health & relaxing activities – walking meditation groups, seated meditation, and more. We are looking for internal wellness champions at UB – residents/students/faculty – who are interested in joining the planning, recruiting people to participate, and assist with logistics, and spread the word.

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