

# **Resident Retreat at the Mead Wildlife Reserve**

## **September 25, 2014**





Welcoming Remarks by Matthew Jansen, M.D.,  
Division of Education Medical Director

"The most important patient we see is  
the one in the mirror in the morning.  
How we treat that patient affects how  
we treat all the other patients we see  
that day."

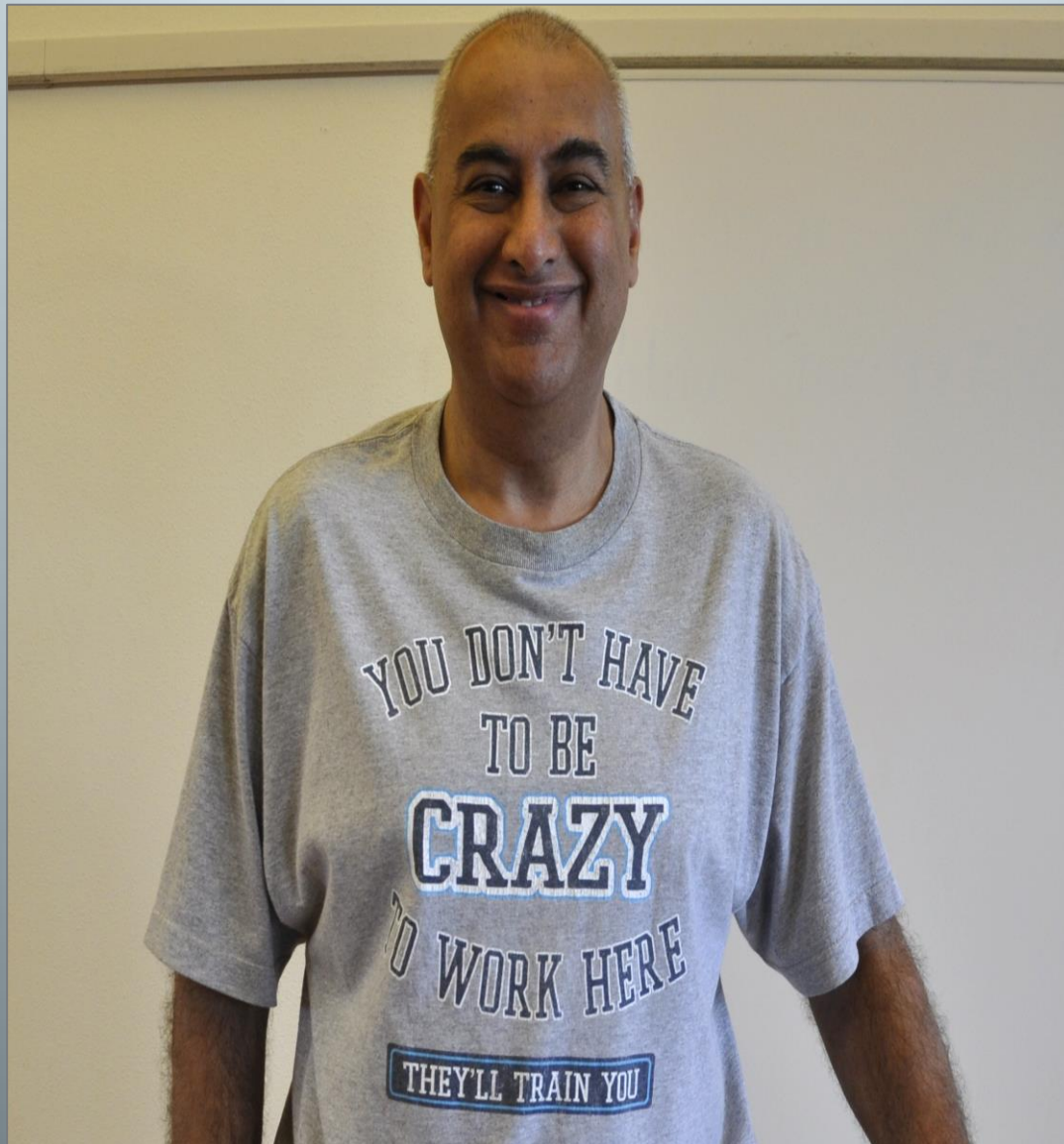




# Setting Intentions for How to *BE* at the Retreat



# Attitude Adjustment





# Resident Association Chairperson, Sarah Hess, M.D., Promoting Activities

*Resident Association Activities*

Activity	Score	
Bowling	141	February
Christmas/ Holiday party	137	December
Game night	137	April
Ethnic Potluck/Packer Game	136	January
Roller skating/tubing***	129	March
Movie Night	119	October
Roller skating	110	May
Kayaking	109	No event planned.
Sleigh Ride	107	No event planned.

\*\*\*Roller skating back up if bad weather

Optimal Resolution Notification  
This is not the optimal screen resolution for the Intel(R) Dual Display Clone configuration. The optimal resolution is 1280 x 800. Click this notification for more information.

# Keynote Presentation

## Vulnerability & Resilience

William Hocking, M.D.  
September 25, 2014





# Bandana Art Project









# Some PGY1's Present Their Bandanas





Mead Wildlife educator presents information on the Reserve and the benefits of spending time in nature.



# Lunch Time!



# Introducing Dr. Goldberg and the Goldberg Resident Skits (He's the cool Doc in the shades)





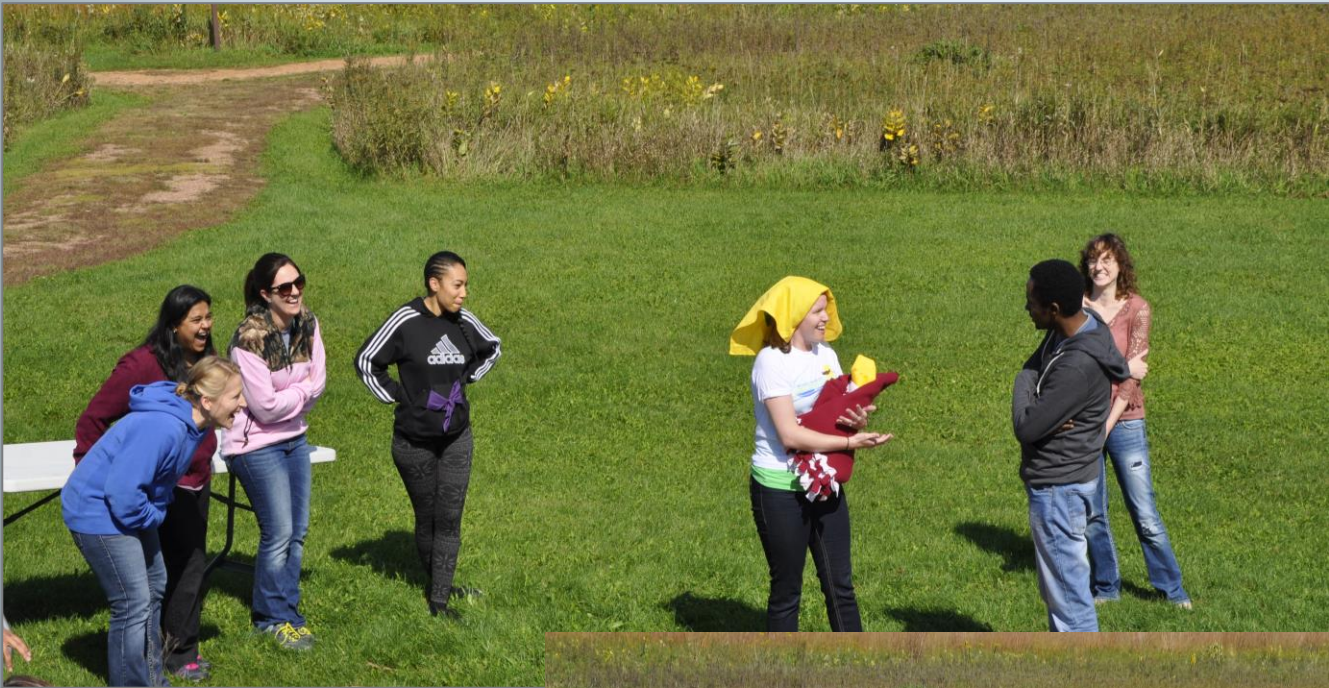
# Goldberg Resident Skits Skit Planning

















# Wellness Activities





# Butterfly Catch and Release





# Chiefs' Perspectives/Advice on Residency









