



The Gratitude Project

Have you heard about the new Resident Wellness Committee initiative? With the Gratitude Project, we want to recognize residents, faculty, CRNAs, techs, admin (anyone!) who has contributed to the team in a meaningful way. This month, we're highlighting some of the responses you've already sent in. Check out the Gratitude Wall for more and submit your nominations at bit.ly/341eRSH.



Michelle Brenen

from Kory

Thanks for making the workplace fun. Cleanest workstation in UH every time. Happy Holidays :)

Willy Chilly (Chen)

Whenever this big guy has free time, he's helping out his co-residents. Doesn't go unrecognized!

Chelsea Halsted

For being the Queen of the Main

Yilun Wang

Thanks for being such an inspiration, General Wang!

Dr. Fariha Kamal

For her superior APS list making skills!

Melissa Byrne

Thank you, Melissa, for making planning of my parental leave super seamless and flexible! I really appreciated your work in finding solutions to make things work for us and be stress-free. I know my wife appreciates it too!

Megan Barr

She has been a work horse at UH main for us residents, especially for us on neurosurgery recently. Positive attitude despite the draining work and we all appreciate it! Go Girl. P.S. Shout out to all techs for being amazing!

Olivia Juntila

She always gives motherly and seniorly advice, which is super helpful.

Matthew Byrne

Thanks for not being a weirdo!

Doug Baughman

His needle handling skills rival no other. Thanks for being a rocking team player.

Christopher Court

from Melissa Rafferty

When his case got done for the day, he came to help me with a challenging case and stayed the entire time. Both his input and the extra set of hands made a huge difference!

Geneva White featured for her work to connect residents with mental health providers

Congratulations to Dr. White, who was featured in *Headlines* last month as a Michigan Medicine MVP! *Headlines* sought nominations from faculty and staff for those who have "shined bright" during the pandemic.

Dr. White's nominator wrote:



"Dr. White facilitated weekly wellness check-ins with a mental health provider for anesthesiology residents. For more than two months, she created a safe space and normalized the discussions of the constant flow of critically-ill patients, which anesthesiology residents were charged to care for. She did this while still working in the ICUs and ORs herself. Her consistent commitment to mental health and her 116 co-residents are a testament to teamwork and her leadership in the department.

Do you Know the Ether Bunny?

Legend has it that the Ether Bunny visits all good anesthesiology residents in October to celebrate the founding of the field of anesthesiology. This year, the Ether Bunny is soliciting help from friends like Vu Wiley to show appreciation to our residents year-round.



Kicking Off the 2021 Interview Season

Many thanks to our chiefs and the dozens of residents who have volunteered during our virtual recruitment season! This year may not look anything like our typical recruitment, but applicants have been overwhelmingly positive in their response to our interview days and virtual events. Go Blue!



FAQs: COVID Testing

There has been a lot of confusion around COVID-19 testing. To simplify, Michigan Medicine has developed a document that directly responds to frequent questions pertinent to our staff, faculty and learners. The document includes phone numbers, locations and protocols. Go to <https://bit.ly/3lZmb7y> to read the FAQs.

Resident Spotlight: Our 2020-2021 Chiefs



Matthew Byrne, M.D.

I grew up in a military family and have lived in a fair amount of states and countries prior to attending Michigan State University for my undergrad. I then attended the Uniformed Services University of the Health Sciences for medical school. After completing my Transitional Year in San Antonio, I served as a Special Operations Forces Medical Element Flight Surgeon for three years, spending time in both Iraq and Afghanistan. Along the way I met my wonderful wife, Claire, and am a proud father to my daughters, Stella and Pepper (dog). I enjoy good meals with friends and spending time outside with the family.



Kirsten Groody, M.D.

I grew up in Vernon Hills, Illinois (45 minutes north of Chicago) and attended the University of Notre Dame for undergrad, where I majored in Science-Business. I circled back to the Chicago-area and went to Loyola University for medical school. In my free time I like to golf, bike, run, bake and spend time at the lake in the summer. I am planning to pursue a fellowship in pediatric anesthesia after residency.



Chelsea Halsted, D.O.

I was born in Michigan and grew up in the small town of Lapeer. I attended Michigan State University for undergrad — Go green :) — and majored in Human Biology. Following undergrad, I worked as a pharmacy technician for a year until I moved to attend medical school at Nova Southeastern University College of Osteopathic Medicine in Ft. Lauderdale, Florida. In my time away from work, I enjoy reading, traveling, boating and spending time with my family and nephew (pictured)!



Connor Snarskis, M.D.

I was born on the south side of Chicago to a family full of police officers and nurses. I stayed a life-long Illinoisian until coming to Michigan. I went to the University of Illinois for undergraduate and Loyola Stritch Chicago for medical school with the good Dr. Groody, who happened to talk me into this gig. I'm a big fan of reading, hiking, running, Chicago sports (besides the Cubs) and all things Wolverine (except baseball, as my younger brother is a former pitcher for the Illini). Fun fact about me is that I worked as a janitor throughout high school and college. Many of my friends back home consider me the Good Will Hunting of Anesthesia. After graduation, I'm heading to Nashville to complete a critical care fellowship next July.

Soaking Up a Michigan Autumn



Peer Support

If you or someone you know would like to speak to a peer please email peersupport@med.umich.edu to be matched up with a supporter (faculty, resident, or staff).



Mental Health Resources

- U-M Psychiatric Emergency Services: 734-936-5900 (available 24/7)
medicine.umich.edu/dept/psychiatry/patient-care/psychiatric-emergency-service
- National Suicide Prevention Hotline: 1-800-273-8255 (available 24/7)
- HOA Non-Emergency Mental Health Services Michigan Medicine: bit.ly/3qNlQbx
- Office of Counseling and Workplace Resilience: bit.ly/33Xinxd
- Community Resources accepting UM Premier Care
 - Huron Valley Consultation Center (evening and weekend hours available):
734-913-1093 www.huronvalleyconsult.org
 - Lotus Consulting:
734-478-7358 www.lotusconsultingpllc.com