

## Emergency Medicine Residency Program gives back to community

**September 10, 2013**

UC Davis emergency medicine residents took a slightly different approach to their most recent Wellness Day activities: More than 30 residents gathered to lend a helping hand to the [Sacramento Food Bank and Family Services](#). The group toured the food bank's Oak Park facilities and then sorted potatoes, bagged meals and organized donated clothing.

"Twice a year, the Emergency Medicine Residency Program has a Wellness Day," said Katren Tyler, the associate residency director who coordinated the volunteer effort. "We take a broad view of 'wellness,' which includes physical, mental and social wellness. On this occasion, we thought that giving back to the community would be a great thing to do. Many hands make light work, and it was great fun."

Through its different programs, the Food Bank serves about 25,000 men, women and children each month. The emergency medicine volunteers came away with new insights and appreciation after working at the organization's community site.

"Personally, it was a fantastic experience," said David Barnes, residency program director. "I learned that the Food Bank is much more than just a food resource. It also includes parenting classes, gardening, educational and vocational training, and much more."

The residency program's Wellness Days are all designed around themes that are not specifically about medicine. Residents typically hear a presentation and then take part in a group or hands-on activity. Prior wellness events have included yoga, cycling and ultimate Frisbee, as well as indoor rock climbing, Zumba dance exercises, and river rafting. Wellness Days have also included a visit to the California Museum, where attendees listened to a history talk from a UC Davis professor.

To see other photos of residents in action, visit the program's Facebook page at <http://www.facebook.com/ucdemr>



Emergency medicine residents volunteer at the Sacramento Food Bank and Family Services.