



## Announcements, Events and Accomplishments

- \* Online registration for the [APPD Spring Meeting](#) has closed. On-site registration will be available. The [Program of Events](#) is now available (PDF).
- \* Trouble finding your regional chair? Once you're logged into the APPD website, go to the Activities tab in the menu bar; click Regions. On the page that comes up, click the first blue bar, APPD Council of Regional Chairs. Each region has at least one physician and coordinator chair.
- \* Happy birthday, April babies! April is Global Nutrition Month, Mathematics Month, Humor Month, National Guitar Month, Stress Awareness Month, and Pecan Month. Celebrate your favorite!

## Annual Program Reviews/Resident Retreats

Resident retreat information circulated on the list serve this month. Kathy Finn from University of Nevada School of Medicine received numerous responses and a ton of relevant information.

Most programs hold their retreats in the spring, although several conduct PGY-3 retreats earlier in the year. A few broad themes emerged: PGY-1, team building; PGY-2, leadership; PGY-3, career information and transition. However, a variety of fun activities are usually included as well. These activities include everything from laser tag to team building exercises to trips to the beach and depended upon the venue and budget of each program. Programs that use off-site venues tend to use the same venues year after year rather than changing locations frequently. Length of retreats varied from ½-day to weekend-long events, and coverage is typically supplied by other residents and attending physicians.

Coordinators' roles in resident retreats vary, but most provide mainly administrative support. Content and manpower are usually supplied by program directors, assistant/associate program directors and chief residents.

Tips for a successful resident retreat:

- Start planning early and provide a detailed itinerary
- AM sessions can be structured, PM usually devoted to fun activities
- Ask your residents which activities they would prefer
- Use your PD to create an itinerary; he/she usually wants to cover very specific information

## Regional Updates

### MIDWEST

The meeting in Nashville will serve as the coordinator chair changing of the guard. At this meeting Ambrosya Amlong will step down, and a new chair will be named. This is a great way to get to know people in your region as well as begin to network with the coordinators in your region. We look forward to the selection of a new coordinator chair.

## Contributions

To contribute updates, announcements, presentations/publications, tools or software tips/tricks, or information that might be helpful to the group, please contact your task force or regional chair. Thanks in advance for your commitment to your training program and to our efforts to make each coordinator as efficient and effective as possible.

Be sure to check out next month's newsletter for more information on the new and improved Mentoring Group program, which will be introduced at the Coordinators' Assembly at the Spring Meeting in Nashville. You won't want to miss being a part of it!