

Celebrating Residents: Thank a Resident Day Programming Essentials

THE ARNOLD P.
GOLD
FOUNDATION

Gold Humanism
Honor Society





On behalf of the Gold Humanism Honor Society, a program of The Arnold P. Gold Foundation, we are excited to invite you to participate in Thank a Resident Day, a nationally recognized initiative dedicated to expressing gratitude for the vital contributions of resident physicians and fellows.

Resident physicians are the heart of healthcare, dedicating their time, energy, and expertise to caring for patients, mentoring students and junior trainees and modeling safe, kind, trustworthy care. Recognizing the invaluable role of residents, the Gold Humanism Honor Society launched Thank a Resident Day in 2018. This initiative was created to encourage medical students nationwide to show their appreciation for residents' dedication and compassion. Since its inception, Thank a Resident Day has grown to include hundreds of residency sites across the country.

Held annually on the last Friday of February, Thank a Resident Day is an opportunity to celebrate these resident physicians and fellows, acknowledge their contributions to humanistic care, and recognize their commitment to patient care and education.

Through simple acts of gratitude and recognition, we can help foster a culture of kindness and support within healthcare.

Your participation is vital to making this day a success. Together, we can express our appreciation for residents and strengthen the bonds of empathy and connection in our communities.

Thank you for joining us in celebrating the residents who help our healthcare system thrive.

Thank a Resident Day

Recognizing resident's unwavering dedication, compassionate care, and invaluable contributions to the healthcare community.

HOW TO PARTICIPATE

- **Recognition:** Write thank-you notes, send emails, or deliver small gifts or tokens of appreciation.
- **Community Engagement:** Organize a small gathering or virtual event to publicly acknowledge residents' efforts.
- **Social Media:** Post shout-outs or stories on social media to celebrate residents using #ThankAResidentDay and tag the GHHS (@ghhsgold) & Gold Foundation (@goldfdtn) social media for more recognition.





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SUGGESTED ACTIVITIES

- Host a thank you breakfast or gathering for residents.
- Create a "Wall of Thanks" where community members can post messages of gratitude.
- Organize a team-building event to celebrate residents' contributions to the community.
- Set up a grab-and-go snack station with healthy options for residents.
- Organize an ice cream social to celebrate and show appreciation.
- Throw a pizza party as a casual way to thank residents.
- Write / deliver handwritten thank-you cards from colleagues and patients.
- Create a dedicated "Thank a Resident" wall filled with messages of appreciation.
- Give small, thoughtful gifts like coffee mugs to residents.
- Organize team-building games to foster connection and fun.
- Host a trivia night or game night to engage and entertain residents.
- Screen a movie as a relaxing way to thank residents for their work.
- Plan a visit to a local museum or art gallery to provide residents with a meaningful outing.
- Hold an open forum where residents can voice concerns and provide intentional feedback.
- Host a "Resident Appreciation" awards ceremony to honor residents.
- Encourage resident-led educational sessions or presentations to share knowledge and insights.



Share your activities!

We encourage you to share your activities during Thank a Resident Day. If you post on Instagram, make the Gold Foundation accounts (@ghhsgold and @goldfdtn) collaborators on your post — or simply tag us!

We are also on LinkedIn and Facebook. (Look for The Arnold P. Gold Foundation.)

Thank you for helping to Keep Healthcare Human!



**SCAN to upload your photos to the
Thank a Resident Day gallery or visit bit.ly/TARphotos**



Thank you for being apart of
Thank a Resident Day!

Your involvement is integral to fostering a movement of humanism and community for residents within our healthcare communities.

We are excited to celebrate this important initiative with you on **February 28**, and look forward to the meaningful connections and insights we will share together.



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#ThankaResidentDay
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