

# VIRTUAL FRIENDSGIVING FOR Jefferson RESIDENTS



Thomas Jefferson University  
HOME OF SIDNEY KIMMEL MEDICAL COLLEGE



## CFG RESIDENCY OUTREACH RESOURCE LIBRARY

NOVEMBER 2020



**TED COSTA**  
RESIDENCY OUTREACH SPECIALIST  
CFG HEALTH NETWORK

## BEING TOGETHER IS WHAT THANKSGIVING USUALLY MEANS FOR MOST OF US.

By Ted Costa

Being together is what Thanksgiving usually means for most of us. This year, togetherness played a different role and it really has been tough on families, friends, and communities. As we adapt to some big changes this year because of the pandemic, we can all resonate with how much our connections to others is truly important for our own mental and social well-being. As humans, we are greatly a social species.

One of the time-tested traditions of us humans is also probably one of the simplest of rituals - being together to eat. Thanksgiving was different for everyone this year in the US. "Smaller" gatherings equated to simply going without seeing those who we often-times wish to see the most during the holiday seasons. Cooling temperatures in the season and in our homes towards December almost symbiotically brings the desire for heat around a turkey in the oven, hot food to gather around, and warm family/friends to be beside.

## CFG RESIDENCY OUTREACH HAS BEEN THRILLED TO BE ABLE TO CONTINUE OUR RELATIONSHIP WITH THIS PARTICULAR RESIDENCY GROUP FOR A FEW YEARS NOW.

Even the growing subsidiary traditions such as that of “Friendsgiving’s” and Potlucks with coworkers & colleagues were mostly given the “kibosh” this year. And understandably so – we are aware of the uncertainty that surrounds getting together during a highly contagious time. But that doesn’t mean everything had to be skipped this year entirely.

Some groups took to the tools at their fingertips and managed to spend time together the best way possible –virtually.

“Tele-eating,” as I have considered dubbing the term, IS still possible! And that’s exactly how the Psychiatric Residents at Jefferson University chose to continue the Wednesday-before-Thanksgiving tradition of a Friendsgiving Potluck. Simply being together online for lunch was a way in which everyone could still be together.

CFG Residency Outreach has been thrilled to be able to continue our relationship with this particular residency group for a few years now. When we heard we could help by ordering lunch for this fantastic group, we were happy to make the phone call to one of their favorite local restaurants. Strangelove of Philadelphia was happy to accommodate the group! It was a creative way for us to give back to these dedicated physicians who continue to show up during these crazy times.

“Really this is so appreciated!” said Dr. Meghan O’Rourke, Chief Resident of PGY III class. “Thank you & CFG so much from the Jefferson Psychiatry Residents! Happy Thanksgiving!” In gathering orders and addresses, Dr. O’Rourke showed her dedication to keep this special tradition. Their hard work has not stopped. CFG felt the importance that their work should be acknowledged and bring a message of hope to stay strong for just a little longer. We got this! As for now, Thanksgiving has come and gone. Many have done their best to make it special. And CFG was happy to take part with the Psychiatric Residents of Jefferson University.

If your group would like to come together with CFG in finding a creative way to make a day special, please contact us and we will work with you. During this time, and always, we support our Psychiatrists on their journey to helping others in the world of which they wish to serve.

**Ted Costa**  
**Residency Outreach Specialist**  
**CFG Health Network**  
**Cell: (609) 923-1616**  
**[tcosta@cfgpc.com](mailto:tcosta@cfgpc.com)**  
**[www.cfghealthnetwork.com](http://www.cfghealthnetwork.com)**



**Follow us!**

