Ben

[**Weekly Relays User Guide**](https://ispace.utmb.edu/xythoswfs/webview/_xy-12470404_1)

**TOPICS LEGEND**

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| C:\Users\krhensle\Desktop\SMALL LOGO (2).jpg | WEEKLY RELAYS | **April 9, 2020** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
| **Office of Educational Development**The Office of Educational Development is paddling quick and steady and  enjoying  the view… photo of brown and beige duck and five ducklings <https://www.pickpik.com/mallard-ducks-hen-brood-waterfowl-wildlife-nature-125748>**REMINDER: Temporary Child Care During COVID -19 Emergency**Individuals interested in using these resources should contact the childcare center of their choice **by 5 p.m., April 10**, so that they will have a better idea of the demand for services. Please note, after the April 10th deadline slots at these childcare facilities will be released to personnel not affiliated with UTMB. A full list of participating locations both in Galveston and on the mainland is available [online](https://liveutmb.sharepoint.com/%3Ab%3A/s/collaboration/webfiles/EZsqJttaK2FDhVlWpAzqxCQBUu1tkRSVUUYJWKm-ZcPXew).**Don’t forget to…** | **COVID-19: Novel coronavirus updates****Temporary Child Care during COVID-19 Emergency:**UTMB employees and students, TDCJ employees, and contract employees with Health Care Systems Staffing, Sodexo and Morrison Healthcare Food Services needing to make temporary child care arrangements during the COVID-19 emergency can learn more about the options and resources available to them online at <https://utmb.us/3y0>. Individuals interested in these options, should contact the child care center **by 5 p.m., April 10**, so the likely demand for services can be determined.**Updated masking requirements in patient care settings:**Everyone who enters a UTMB health care facility (clinics, emergency department or inpatient) is now being provided a mask at the screening counter to wear for the day. A new mask will be issued daily, and you must wear your mask the entire time you are within the health care facility, including during interactions between staff. For more information visit <https://utmb.us/3zs>. Note: Employees still working on our campuses whose jobs don’t require entrance into a Health System facility are asked to avoid entering our hospitals, clinics and emergency departments at this time.**Stay active with virtual Alumni Field House workouts:**In an effort to help people stay fit and active while social distancing, the Alumni Field House is currently offering a wide variety of virtual classes through Zoom—a popular video-conferencing and streaming application— for individuals who like the Field House Facebook page. Activities offered include Zumba, yoga, a core class and more. For more information and to participate, visit <https://www.facebook.com/utmbfieldhouse/>.**COVID-19 website**:Given the rapidly evolving nature of the COVID-19 spread, you can find the latest information regarding UTMB’s institution-wide response online at [www.utmb.edu/covid-19](http://www.utmb.edu/covid-19).**UTMB remains sponsor as Space Center Houston’s Thought Leader Lecture Series goes virtual in April**: To promote social distancing and remain in compliance with the stay at home order, Space Center Houston will be hosting its next UTMB-sponsored Thought Leader Lecture Series virtually this month. The upcoming talk will be available at <https://spacecenter.org/event/thought-leader-series/>  and will discuss the space station from an anthropological, sociological and archaeological perspective. Individuals interested in having a specific question about the topic answered during the discussion are encouraged to submit inquiries to thoughtleaders@spacecenter.org by 5 p.m. Thursday, April 9.  |
| PICSLEGEND |  PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **Latest episode of In Focus now available online**:In this video message, UTMB President ad interim Dr. Ben Raimer is joined by Drs. Gulshan Sharma, vice president and chief medical and clinical innovation officer, and Janak Patel, director of Infection Control & Healthcare Epidemiology, to discuss how the COVID-19 situation is developing at UTMB. The trio discusses testing and treatment for the virus, as well as the proper PPE measures to take when caring for patients. Watch the full video here: <https://utmb.us/3zt>. Short excerpts from the video are also available online at <https://www.utmb.edu/covid-19/home/videos> and are labeled by topic.**REMINDER****President’s Cabinet Award applications due May 29:** The President’s Cabinet Awards committee is seeking proposals for the 2020 President’s Cabinet Awards. The theme of this year’s awards, “UTMB Health—The Community and Beyond: Working Together for our Future,” recognizes the shared interests of the university, the surrounding community and beyond by promoting a vibrant and supportive environment. Projects that mobilize the creativity, ingenuity and dedication of UTMB students, staff and faculty to benefit the community are especially encouraged. Applications are available online at  <https://development.utmb.edu/file/pcapp.pdf>and should be turned in no later than 4:30 p.m., May 29. For information on where to submit proposals, visit [www.utmb.edu/cabinet](http://www.utmb.edu/cabinet).  | **NEW: Weekly Wellness Recap:** In an effort to promote resiliency and wellness, Weekly Relays will now be including a recap of the week’s previous wellness tips. Shared by the UTMB RISE (Resilience in Stressful Events) Task force each day in the COVID-10 update global email, these tips are just one way we can all take care of ourselves and each other in times of stress. Feel free to send pics, videos, stories or shout-outs to tcupit@utmb.edu as we work together to stay healthy and resilient. * Practice **self-compassion** by being mindful: At the beginning of your day, without judgment or analysis, notice what you’re feeling. Say, “This is a moment of suffering” or “This hurts” or “This is stress.”
* Take a breath to center yourself and **calm anxiety**: At the beginning of your day and throughout, take a moment to breathe deeply in and out. Say, “I am calm” or “I am strong.”
* Conduct a **self check-in** for symptoms of depression or excessive anxiety: Seek help for prolonged sadness, difficulty sleeping, intrusive thoughts or memories and hopelessness.
* Recognize and **respect differences** in yourself, your colleagues and your patients: Some people need to talk while others need to be alone.
* **Honor your service**: You are part of a noble profession—take care of people in most need. Recognize yourself and your colleagues.
* **Meet basic needs**: Eat well (not too much sugar, caffeine or alcohol). Sleep well. Take care of yourself so you can stay safe and alert and take care of others.
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| **DID YOU KNOW?** As the COVID-19 pandemic continues to evolve in our region, UTMB continues to work to slow the spread of the virus by encouraging social distancing through remote work options for employees and telehealth appointments for patients whenever possible. Tirelessly supporting this effort is UTMB’s Information Services Department, which has worked hard to equip individuals with the tools and technology they need to stay connected remotely. One such tool is Microsoft Teams, an application available through Microsoft Office’s 365 platform. Teams makes it easy for colleagues to meet and collaborate virtually. Since March 16, a total of 169 new UTMB teams have been created in the application and on April 2 alone, there were 189 team meetings. On the patient care side, Information Services recorded a total of 2,290 completed telehealth encounters on April 7, the highest one-day total thus far. For more information on how IS can support those working remotely, visit <https://www.utmb.edu/is/working-remotely>. |