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 30, 2020** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
|  | **Weekly Wellness Recap:**In an effort to promote resiliency and wellness, Weekly Relays now include a recap of the week’s previous wellness tips. Shared by the UTMB RISE (Resilience in Stressful Events) Task force each day, these tips are just one way we can all work to stay emotionally healthy during the COVID-19 pandemic. * **Use your senses to enjoy simple moments of joy.** Wildflowers blooming, the smell of newly cut grass, long hot showers, the sound of song birds, the warmth of the sun. Find those moments in your day. (Thanks to Stacey Monroe for this tip.)
* **Stay kind in the midst of fear and uncertainty.** Sit with your feelings, breathe, imagine kindness and then act kindly to shift your perspective, boost your mood and head in a good direction.
* **Eat well.** Times may be difficult, but ensuring your body has adequate nutrients doesn’t have to be. Today, encourage yourself and others to eat a well-rounded diet of fruits and veggies and adequate protein. (Thanks to Tyler Morrison and Jeremias Martinez with Rehabilitation Services for this tip).
* **Rewire your brain for resilience.** Try this today: Any moment you notice a surge of difficult emotions, pause and just put your hand on your heart. This releases oxytocin, a hormone that promotes feelings of safety and trust.
* **Harness the power of levity**. Laughter sparks social connections and strengthens team bonds. Share a laugh today from a place of trust and respect. Thanks to Keith Webb, CMC McConnell Unit, for this moment of levity: What kind of jokes do you tell in quarantine? Inside jokes!
* **Understand that we aren’t perfect all the time.** Have compassion for yourself and others. “Mistakes are proof that you are trying.” (Thanks Amanda Love, UTMB Medicine Specialties, for this tip.)
* **Try a day or a moment of meditation**. Find peace of mind in the midst of turmoil and help foster hope and optimism. (Thanks to Gretchen Kaufman, HR Talent Acquisition, for this tip.)

For more information on RISE and employee health and wellness, visit <https://www.utmb.edu/covid-19/home/prevention-preparedness-wellness/mental-health-wellness>.**TDCJ Hospital Galveston opens new infirmary:**During a small ceremony on April 28, UTMB celebrated the opening of a new 24-bed infirmary in TDCJ Hospital Galveston. Correctional Managed Care staff generously donated their cafeteria to the cause and Facilities teams immediately transformed the area into the new unit. The space makes available the needed capacity to provide patients with intermediate care as they continue recovering from COVID-19. Thank you to all who worked so quickly and innovatively to identify, design and construct the infirmary. Following the ribbon cutting, Dr. Ben Raimer, Dr. Owen Murray, Dr. Olugbenga Ojo, Dr. Tim Harlin, Marjorie Kovacevich, Veronica Kwarteng-Amaning and other members of UTMB and CMC leadership visited critical care staff in the hospital to thank them for the outstanding care and service they are providing during this challenging time. |
| OPICSLEGEND |  PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **UTMB Campus Store now offers curbside pickup:** The UTMB Campus Store on the Galveston Campus will now provide curbside pickup as an option for all customers. To place an order, call (409) 772-1939 or visit [www.utmbstore.com](http://www.utmbstore.com). Once your order is ready, store staff will bring your items to you and safely place them in your vehicle. For pickup, please park in designated spots at the rose garden next to the Moody Medical Library. The store’s hours of operation are Monday-Friday, 8 a.m. to 5 p.m.**COVID-19: Novel coronavirus updates****Interim guidelines on masking, social distancing and testing:** To ensure the continued safety of the entire UTMB family, the COVID-19 Clinical Task Force this week issued interim guidelines for masking, social distancing and testing for use when staff, students and vendors begin to return to our campuses. For more details about these new requirements, read the complete task force message at <https://utmb.us/412>.**Safely increasing clinical services:** As part of UTMB’s plan to safely increase clinical services, a new web page has been launched at <https://www.utmb.edu/covid-19/safe>. The new page includes a video message from Dr. Raimer as well as information on the multiple steps UTMB is taking to keep patients and employees safe. Check out the site and share the information with patients, friends and family in our region. The website and video message are just two parts of a comprehensive communications plan regarding our safe return to full service that will include news editorials, advertising, social media, myChart messages and more in coming days and weeks.**Stay tuned for information on returning to campus:** Our COVID-19 response has resulted in a record number of employees working remotely. UTMB leaders are working on plans for best timing and approach for bringing staff back to work on campus. Those plans will be communicated widely once available. In the meantime, thank you for your continued flexibility and be sure to stay in contact with your supervisor for any department-specific instructions.**COVID-19 website:** You can continue to find the latest information regarding UTMB’s institution-wide response online at [www.utmb.edu/covid-19](http://www.utmb.edu/covid-19).  **Research Town Hall now available online**:UTMB’s Research Enterprise hosted a virtual town hall meeting April 27, via Skype. Dr. Randall Urban, Chief Research Officer, and Dr. David Niesel, Associate Chief Research Officer, discussed UTMB’s planned phases for resuming non-COVID research, and answered questions from faculty and staff. A recording of the meeting and other materials are now available online on the COVID-19 Research Updates web page. Visit <http://www.utmb.edu/research/covid-19-research/covid-19-research-updates> and view the items listed under, “Research Return to Operations.” | **REMINDER****UT System Spring Wellness Challenge:** The last day to register for the UT System Spring Wellness Challenge, Work of Art, is May 8. The challenge is designed to focus on our emotional fitness during this difficult time and is open to all UT SELECT medical plan members and dependents age 18 and above. Participants will create virtual art through the Living Well online platform or mobile app by developing habits and skills to enhance mindfulness, share gratitude, increase optimism and make stronger connections – even at a distance. Learn more about the challenge and register today at [www.utlivingwell.com](http://www.utlivingwell.com). **Celebrate Health System & Nurses Week (May 6-15):** UTMB will celebrate Health System & Nurses Week May 6-15 this year. The week combines National Hospital Week and Nurses Week as an opportunity to acknowledge and thank one another for everything we collectively do to care for our patients. No profession can do it all alone! It takes everyone working together, from physicians, nurses, physical and occupational therapists, respiratory therapists, our lab teams, technicians, engineers, food services employee, environmental services employee, maintenance workers and countless others—to provide excellent patient care. This year is unique due to COVID-19, so many of the events normally hosted will be celebrated locally. Access a list of suggested events in which your group may participate with approval from your leadership here: <https://utmb.us/416>. Thank you to the Nursing Retention Council for their creativity in organizing this year’s events! Send your fun photos from the week to Melissa Gonzalez at mkgonzal@utmb.edu.  |
| **DID YOU KNOW?**This year would have marked the 28th year that UTMB hosted its annual Earth Day festival, and was to have been a particularly special occasion because it was to coincide with the 50th anniversary of Earth Day festivities held around the world. UTMB’s annual gathering typically includes 30 to 40 exhibitors, including UTMB organizations and local environmental groups, and attracts close to 1,000 people to the event, which features the ever-popular recycled material fashion show. While the COVID-19 pandemic forced the cancellation of this year’s event, the Earth Day committee still recognized the winners of this year’s art contest. You can view the winners on the I Am UTMB Facebook page at <https://utmb.us/414>.**NOTES:** |