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[**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 7, 2022** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
| .April Birthdays**Aaron Quilla April 2****Lisa Pearce April 5****Isaac Ohalete April 10****Holly West April 21****Karen Szauter April 23****Jeffrey Susman April 30** | **COVID-19 UPDATES****IMPORTANT REMINDERS*** [Travel requirements and guidelines](https://www.utmb.edu/covid-19/employees-students/travel) remain in place until further notice
* [Safety Requirements](https://www.utmb.edu/covid-19/employees-students#info), including masking in all UTMB facilities, virtual meetings, social distancing/meeting room capacity, avoiding eating in presence of others, travel, and visitation
* [Visitation Policy](https://www.utmbhealth.com/support-pages/visitation)
* Requirements if you are [Sick or Exposed](https://www.utmb.edu/covid-19/employees-students/safety#sick), including return-to-work/campus guidelines after infection
* [Schedule a vaccine or booster online](https://www.utmb.edu/covid-19/employees-students#vaccine) or get the vaccine through Employee Health clinics in Galveston and League City

**MONTHLY CYBERSECURITY UPDATE****How Are We Doing:** During the month of March, 8.60% of recipients opened an attachment or revealed credentials in simulated phishing attacks that were initiated by the Office of Information Security. Our goal is less than 3%. A breakdown of department success/failure rates can be found at <https://utmb.us/66g>. Learn more about cybersecurity at  <https://www.utmb.edu/infosec>. Report potential phishing to cirt@utmb.edu.**Increased Fraudulent Multifactor Authentication (Duo) Alerts**Over the past three months, the Office of Information Security has experienced an increase of cybersecurity alerts associated with Duo Multifactor Authentication. Users are reminded to: * Only accept Duo Authentications that were initiated by you personally.
* Deny all unrecognized authentication attempts.
* If a Duo Push Notification does not show up on your phone, relaunch the Duo App on your phone and try again
* For any issues with Duo, please contact the ITS Service Desk at (409) 772-5200.

**Weekly Wellness Tips:**Throughout the month of March, focus on being mindful.   * Notice something that is going well, even if today feels difficult.
* Tune in to your feelings, without judging or trying to change them.
* Appreciate your hands and all the things they enable you to do.
* Focus your attention on the good things you take for granted.
* Choose to spend less time looking at screens today.
* Cultivate a feeling of loving-kindness towards others today.
* Notice when you're tired and take a break as soon as possible.
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| OPICSLEGEND |  PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **REMINDERS****UT System 2022 Spring Wellness Challenge**The Feel Like a Million wellness challenge begins April 4 and is open to all UT SELECT medical plan members and dependents age 18 and above. The goal of the challenge is to earn $1 million virtual dollars by recording your energy-boosting activities and moving along a gameboard through the Living Well online platform or mobile app. Sign up now at [www.utlivingwell.com](http://www.utlivingwell.com). Registration for the challenge ends April 8.**April 15 UTMB Earth Day celebration**UTMB students, faculty and staff and members of the community are invited to attend UTMB’s annual Earth Day Celebration from 10 a.m. to 2 p.m. on April 15 at the Moody Medical Library Plaza on the Galveston Campus. Participants attending the event, which has a “Be a Force of Nature” theme, can enjoy the following activities and much more. * Mayoral proclamation and keynote speaker at noon
* Food trucks
* Animal shelter adoption opportunities
* Exhibitor booths

The event will also include giveaways and live music, and the winner of the art contest will be announced. *\*Please note that due to a reduction of entries received, this year’s Recycle in Style Fashion Show will be postponed until next year*. For more information, visit <https://www.utmb.edu/earthday>.  **IN CASE YOU MISSED IT****UTMB’s Picnic Basket Student Food Pantry partners with Galveston County Food Bank**The Picnic Basket Student Food Pantry is a partnership with the Galveston County Food Bank to serve various needs of UTMB students. The pantry celebrated its grand opening on March 11 and was made possible, in part, through a President’s Cabinet Award. Please help support the Student Food Pantry by bringing your non-perishable or personal hygiene item donations to the Office of Student Life’s booth at UTMB’s Earth Day celebration from 10 a.m. to 2 p.m. on April 15 at the Moody Medical Library Plaza on the Galveston Campus. For more information about the Student Food Pantry, visit <https://www.utmb.edu/studentlife/student-food-pantry>. |  **PATIENT CARE****Spotlight on Joint Commission: Visit now scheduled**We have learned that The Joint Commission has scheduled our triennial accreditation survey of the UTMB Health System for all of our hospitals (including TDCJ Hospital Galveston), as well as our island and off-island clinics. The Joint Commission accreditation is a nationwide seal of approval that indicates UTMB meets high performance standards. The fact that this is scheduled means **surveyors could show up at UTMB as soon as next week** or any time after that in the coming six to eight weeks. Our successful completion of the survey will require the cooperation and support of every provider and staff member. We are well-prepared and have full confidence that our teams will perform well in the survey. Thank you for your dedication to delivering excellent care and service to our patients and families, and for maintaining continual readiness for The Joint Commission survey. For more information on The Joint Commission accreditation visit, contact Janet DuBois, associate director of Accreditation. **Remember:** one call does it all for service and facility issues—call (409) 772-4040 to report items needing immediate attention.**EDUCATION & RESEARCH****Appointment of Assistant Dean for Diversity, Equity and Inclusion in the School of Nursing**Cindy West, DNP, APRN, CRNA, has been named Assistant Dean for Diversity, Equity and Inclusion (DEI) in the School of Nursing (SON). Among her duties, she will help enhance DEI efforts related to excellence in teaching, research, practice, service and leadership, as well as recruitment and retention of students, faculty and staff.  Dr. West, who joined UTMB SON in the Department of Graduate Studies in May 2020, has been a champion for diversity, equity, and inclusion at UTMB and in the nursing profession. She represents the SON on the UTMB Institutional Diversity and Inclusion Council and participates in several state and national organizations focused on DEI. |
| **DID YOU KNOW?** Congratulations to the [UTMB Health](https://www.facebook.com/UTMB.edu/?__cft__%5b0%5d=AZXwptTUZ-3-HNKfWT40hjus9kRrxpR-w4BDQNdt2l7mHI6j5ee9ON9UCD-J0bzLH_rpXhq_SubKGah3Y4udVD_xa8IJ74QuQbOt7VAcAOUP8ZRRv9Pc1aKXpyMijZDeyHtJHIolKKF5vW6Okass1t2MOfyPFmmB6fMgSvS9oSI-ZQ&__tn__=kK-R) Urgent Care team in League City for their recent recognition as Best Local Urgent Care Facility as chosen by the readers of [Bay Area Houston Magazine](https://www.facebook.com/bayareahoustonmagazine/?__cft__%5b0%5d=AZXwptTUZ-3-HNKfWT40hjus9kRrxpR-w4BDQNdt2l7mHI6j5ee9ON9UCD-J0bzLH_rpXhq_SubKGah3Y4udVD_xa8IJ74QuQbOt7VAcAOUP8ZRRv9Pc1aKXpyMijZDeyHtJHIolKKF5vW6Okass1t2MOfyPFmmB6fMgSvS9oSI-ZQ&__tn__=kK-R) in their Best of the Bay Awards. Nurse supervisor Tracy Dipuccio and Terri Kelsey, Nurse Clinician III, attended the event to receive this outstanding award on behalf of the entire League City team.  |