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 | | **May 21, 2020** |
| **YOUR DEPARTMENT NEWS** | | | **UTMB NEWS** | |
|  | | | **Weekly Wellness recap:** Shared by the UTMB RISE (Resilience in Stressful Events) Task Force, these tips are just one way we can all work to stay emotionally healthy during the COVID-19 pandemic. For more information on resiliency, visit <https://utmb.us/424>.   * **Help someone today.**It’s good for you and them—emotionally and for your immune system. Maya Angelou said you have two hands: one for helping yourself and one for helping others. * **Be comfortable with the uncomfortable today.**Adversity has always been part of our journey since the very beginning. Some of the greatest moments of our journeys, our most significant lessons learned, our moments of growth, and many of our successes have been the result of how we learned to manage adversity. * **Share your story.** Sharing a story or anecdote or tip not only helps you relieve stress; it also helps others learn from you *and* have their own feelings validated. Share with us by emailing your written or video stories, poems, songs, etc. * **Learn the power of forgiveness.**Anxiety can cause us to feel threatened and say or do things we regret. If someone hurts you, it’s hard to forget. But in the end, holding on to anger only continues to hurt yourself. Have a crucial conversation and then feel the freedom in forgiving. * **Make time for your hobbies or learn a new one.** Having interests outside of work and/or school is important to decompressing and refocusing thoughts and energy. Make a list of something you've wanted to learn and do it—a little at a time. * **Do something for your physical fitness today.**Take the stairs, do a stretch from the RISE website or try a virtual workout offered through the UTMB fieldhouse. You are a hero—take care of yourself. We need you. * **Actively practice gratitude.** Commit to send three texts, letters or messages of gratitude this week. It's good for both you and the person you're recognizing.     **Monthly financial update—Results as of April 30, 2020:** For the month of April, UTMB’s adjusted margin was a loss of $3.4 million, which was $22.8 million worse than planned. Year-to-date results were worse than planned by $43.0 million with an adjusted margin loss of $70.8 million. UTMB’s overall results, as with most health care organizations, were impacted negatively by COVID-19. Please ensure you continue to manage expenses during this difficult time. While the next few months may be challenging, your efforts are essential to the continued long-term success of UTMB’s mission.  **Virtual Town Hall meeting on May 27:** UTMB President ad interim Dr. Ben G. Raimer will host a special livestream-only Town Hall on Wednesday, May 27, beginning at 2:30 p.m. For more information, visit <https://utmb.us/434>. | |
| OPICS  LEGEND | PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC | | | |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) | | | | |
| **Congratulations to the Graduate School of Biomedical Sciences Class of 2020:** The Graduate School of Biomedical Sciences held a virtual commencement ceremony May 15 to recognize the achievements of the Class of 2020. This year the school awarded 22 master’s degrees, 39 Doctor of Philosophy degrees and three MD-PhD combined degrees. Dr. Tracy-Toliver Kinsky, professor in the Department of Anesthesiology and director of the GSBS Basic Biomedical Science Curriculum, read the scientific oath. GSBS awardees this year were:     * Graduate Student Organization Distinguished Teaching Award: Eric Wagner, PhD * GSBS Distinguished Faculty Service Award: Tracy Toliver-Kinsky, PhD * GSBS Distinguished Faculty Research Award: Alfredo Torres, PhD, MS * GSBS Distinguished Alumnus Award: Timothy Denning, PhD     The virtual commencement video may be viewed online at: <http://gsbs.utmb.edu/gsbs-2020-virtual-commencement>.  **External access to iSpace to be removed May 28**: As the first step in the final shutdown of iSpace, Information Services is removing external access to iSpace on Thursday, May 28. To be clear, this means any device not connected to UTMB’s network will be unable to open or download—via ticket, direct link or web page hyperlink—documents hosted in iSpace.    •           All Departmental, Collaboration and User folders have long been hosted in SharePoint.  •           Likewise, iSpace web files were migrated months ago.  •           The ‘iSpace CMS’ replacement process became operational on May 18.  •           Some internal institutional workflows are still hosted in iSpace, but work to move them to SharePoint is progressing nicely.    Turning off external access is the first logical step toward shutting down iSpace down entirely. Once institutional workflows are migrated to SharePoint we will be even closer to that goal. IS expects to completely turn off access to iSpace—which is no longer supported—by June 30, at the very latest.  We appreciate your patience and cooperation as work on this project proceeds. Please direct any questions to the [IS Service Desk](https://www.utmb.edu/is/assistance/service-desk).  **Replace your UTMB password by June 15**: UTMB’s Office of Information Security and IS are working together to encourage everyone to replace their UTMB password as soon as possible. A strong password on your UTMB account is vital to protecting university information resources and combatting cybersecurity threats. Take a proactive step for yourself and for UTMB today by replacing your password.   We recommend using the [Microsoft Online Password Reset](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpasswordreset.microsoftonline.com%2F&data=02%7C01%7Cmahavard%40UTMB.EDU%7C50ce7e8e342044ad954108d7fcffca67%7C7bef256d85db4526a72d31aea2546852%7C0%7C0%7C637256047857970657&sdata=4RSintfUOhp9YNUSqzX7f8t0Yhb3%2BwptX9MIX9Nh3f8%3D&reserved=0) page, but we offer several quick and easy ways to replace your own password. Visit the [IS Password Management page](https://www.utmb.edu/is/assistance/password) on the Information Services web site to get more information and easy-to-follow instructions. If your password hasn’t been replaced by June 15, your computer will prompt you. But don’t wait—you have the power to replace your password and improve information security right now.   If you have questions or need assistance, please contact the Service Desk at (409) 772-5200 or (888) 898-2401. For more information, visit <https://www.utmb.edu/is/assistance/password>.  **COVID-19: Novel coronavirus updates**  **Enhanced visitor policy effective May 20:** As we begin a safe and phased approach to reopening and expanding access to a wider range of clinical services for a larger number of patients, we are enhancing our visitation policy to allow for improved social interactions between patients and their loved ones. With the safety of our patients, employees and visitors in mind, we will continue to take visitation precautions. Please see our [enhanced visitor policy](https://www.utmb.edu/covid-19/health-care-workers/article/healthcare-team-updates/2020/05/19/interim-enhancement-of-visitation-policy).  **Cybersecurity alert:** The FBI and the Department of Homeland Security are reporting attempts to break into computer networks of universities and other institutions in order to steal intellectual property associated with COVID-19 research. If you are aware of a vulnerability, or if something looks suspicious, report it to the Office of Information Security by sending an email to [cirt@utmb.edu](mailto:cirt@utmb.edu), calling (409) 772-3838 or completing an online incident report. For more information visit <http://intranet.utmb.edu/iutmb/article/2020/05/20/cybersecurity-alert>.  **COVID-19 site:** 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).  , | | | **Retail food service Memorial Day holiday hours:** The holiday hours for retail food service vendors are as follows:  **Galveston**  John Sealy Hospital   * Subway will be open from 8 a.m. to 8 p.m. * Café on the Court, Chick-fil-A and Starbucks will be closed   Jennie Sealy Hospital   * Einstein Bros. Bagels will be open from 6:30 a.m. to 2 p.m. * Hospital Lobby vending machines will remain open 24/7 with healthy options   Clinical Services Wing (CSW):   * Sixth Floor Staff Lounge SmartMarket will remain open 24/7 with healthy options   Moody Medical Library:   * Starbucks will remain closed   Health Education Center   * Gourmet Burger Grill will remain closed   **League City Campus**   * Einstein Bros. Bagels will be closed * Vending machines will remain open 24/7   **Angleton Danbury Campus**   * Bayou Café will be closed   **Clear Lake Campus**   * The Grill will be open from 8 a.m. to 1 p.m. * Starbucks will be closed   Vending machines will remain open 24/7  **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). | |
| **DID YOU KNOW?** Over the past several weeks, dozens of UTMB students have used their free time for a good cause. Student volunteers and several spouses have dedicated their time to giving St. Vincent’s Clinic a fresh coat of paint. So far, about 100 volunteers have given more than 350 hours to the painting project. A UTMB student-run free clinic that serves the uninsured and underserved people of Galveston County, St. Vincent’s Clinic treats nearly 10,000 patients each year, providing them with essential health care such as routine physicals and lab work, diagnostic evaluations, pharmaceutical patient assistance and medication refills. For more information on the student efforts with the recent painting project visit <https://utmb.us/435>. | |