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 | | **June 4, 2020** |
| **YOUR DEPARTMENT NEWS** | | | **UTMB NEWS** | |
|  | | | **UTMB’s commitment to building a stronger, more inclusive community:** In a recent message, Dr. Ben G. Raimer, UTMB president ad interim, voices his commitment to maintaining a safe and welcoming environment for everyone who works, studies or seeks care at UTMB. To view the full message, visit <https://utmb.us/43p>.  **Important 2020 emergency preparation information:** UTMB’s 2020 emergency preparation plan is now available and includes an overview of the 2020 Atlantic Hurricane outlook from StormGeo, a list of the institution’s prioritized risks for 2020, information on helpful resources and more. Review it to know how UTMB prepares and communicates during emergencies and the actions you should take now to be ready at work and at home. For more information and to view the slides, visit <https://utmb.us/43s>.  **Tropical weather update:** UTMB continues to monitor Tropical Storm Cristobal in the Gulf of Mexico. Monitor your local weather forecast, as well as [iUTMB](http://intranet.utmb.edu/) and the I Am UTMB Facebook page <https://www.facebook.com/IamUTMB/> for updates. If you haven’t already done so, view the [2020 Emergency Preparation presentation](https://liveutmb.sharepoint.com/:b:/s/collaboration/webfiles/EeqMGvlYyydNo5Ua4CoFb48B6G6Nywnu211ttWehzYL37g?e=dxph70) and [message from the President ad interim and Institutional Emergency Preparedness Officer.](https://utmb.us/43s) Also, review your departmental and home emergency plans, in case our area is affected by the storm. Stay in contact with your supervisor and academic advisors for specific instructions should they be needed.  **May 27 Town Hall now online:** The video of the May 27 Town Hall is now available online at <https://utmb.us/434>. During the special livestream-only event, Dr. Ben G. Raimer, UTMB president ad interim, provided updates on UTMB's COVID-19 response as well as news on our financial performance and mission-specific updates for patient care, education and research. He also took time to answer employee questions and concerns. To view responses to questions received prior to the Town Hall, visit <https://utmb.us/43v>.  **School of Medicine celebrates its 2020 graduates**:  UTMB’s School of Medicine celebrated its 130th commencement on Saturday, May 30, with a livestreamed virtual ceremony. This year, 214 students received their medical degrees, with four graduates completing the dual MD/PhD program. Dr. Ben G. Raimer, UTMB president ad interim, and Dr. Charles Mouton, executive vice president, provost and Dean, School of Medicine, delivered addresses to the graduates, and Dr. Bernard Karnath, professor of Medicine, administered the Physician’s Oath. The role of Senior Faculty Marshal, which traditionally leads the faculty and graduate procession and carries the university mace, was bestowed upon Dr. Gwyn Richardson, associate professor of Obstetrics and Gynecology. Congratulations to our newest alumni and to all the faculty and staff who trained them well!  View the ceremony online at <https://utmb.us/43w>. | |
| OPICS  LEGEND | PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC | | | |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) | | | | |
| **UTMB telecommuting survey**: To keep UTMB employees safe through the COVID-19 pandemic, UTMB required many staff members to telecommute or work from your homes. Based on this experience, the UTMB Telecommuting Task Force was formed to further study telecommuting as a permanent work option for UTMB. A key component of the task force’s work will be to survey employees, in phases, over the next several months to understand employees’ views regarding five key areas: telecommuting compatibility, telecommuting readiness, technology adoption, effectiveness of telecommuting and the need for temporary space on campus. The questionnaire was sent to the first phase of employees, and they will have until June 15 to submit their responses. For more information on this initiative, please read the [May 29 message from Dr. Raimer.](https://www.utmb.edu/president/communications/2020/05/29/task-force-to-begin-surveying-employees-on-telecommuting)  **COVID-19: Novel coronavirus updates**  **Planning for the safe return of employees and students to our campuses continues:** As employees and students return to our campuses, the following practices are essential for everyone’s safety. In general, employees are required to:     * + **Wear a mask in public areas of our campuses**, including non-clinical buildings. Public areas include lobbies, hallways, restrooms, office kitchens/breakrooms, copy rooms and elevators. Masks are not required when alone in an office or personal cubicle.   + **Practice frequent hand hygiene** by washing thoroughly with soap and water for at least 20 seconds or using hand sanitizer.   + **Practice good social distancing** at all times, including in elevators and conference rooms. Continue to use teleconferencing when possible.   + **Stay home if sick.**This is particularly important if you have respiratory symptoms or if you have been in contact with someone who may have COVID-19.   + **Be mindful when answering the screening questions**at our Health System entrances.   Managers have been provided information on how to obtain supplies of hand sanitizer and masks for employees working on our campuses. Continue to follow guidance from your department leadership or school leadership regarding specifics related to your area.    **Patient centeredness tip of the week:** Patient experience is the sum of all interactions, shaped by an organization's culture, that influence patient perceptions across the continuum of care (from The Beryl Institute). Compassionate connected care is focused on optimizing the patient experience. This week set a goal to integrate the following **compassionate care** practice into your patient interactions: Be supportive and do your best to alleviate patients’ fears and concerns. One way to do this is by acknowledging their suffering.  **Hour-long COVID-19 research workshops scheduled for June 8-12:** The Chief Research Office and UTMB CTSA, in collaboration with the UTMB infectious disease research community, will host a multi-day, virtual workshop to facilitate learning and discussion around critical research questions related to the COVID-19 pandemic. Taking place June 8 through 12 during the noon hour, the workshop will bring together an expert panel of UTMB researchers to share their opinions about critical issues and the opportunities that UTMB investigators have to collaborate to create new research projects aimed at tackling this novel coronavirus. See the schedule and register for one or more days at <https://utmb.us/43r>. Workshops will be recorded and published online for later viewing. | | | **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).  **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>.   * **Focus on SPIRIT.** Practice 10 minutes of active gratitude. Split it up between the morning and evening. Look for three things or people or situations that you are grateful for. Want to feel extra good? Say it out loud. * **Focus on BODY.** Stretch your upper back and shoulders. We all carry a lot of tension there. See the short video on the [UTMB RISE website](https://www.utmb.edu/covid-19/home/prevention-preparedness-wellness/mental-health-wellness) showing exactly how to do this, courtesy of Tyler and Jeremias in UTMB Rehabilitation Services. (Scroll to the bottom of the page for videos.) * **Focus on MIND.**Limit your media exposure today—TV news and social media. Give your brain a break from negativity. Set a reasonable limit for yourself so you can balance being informed with being overwhelmed. * **Focus on SPIRIT.** Read a favorite poem or discover a new one to uplift the soul and reframe your mind and body for having a positive, thoughtful day. Looking for a poem? See the [RISE website](https://www.utmb.edu/covid-19/home/prevention-preparedness-wellness/mental-health-wellness) for a link to poems to uplift the soul. * **Focus on BODY.** Take a break from cooking! Order take-out AND still stay healthy. How? Nix sugary drinks, watch fried food and limit portions. Many meals are large enough to serve two. Find more tips on how in the [RISE Body resources section](https://www.utmb.edu/covid-19/home/prevention-preparedness-wellness/mental-health-wellness#Wellness-resources). * **Focus on MIND.** Reduce stigma. Become aware of your own potential biases. Work on verbal and non-verbal communication to diplomatically counter signs of this. Set a good example. * **Focus on SPIRIT.** Listen to the [UTMB Daily Anchor podcast](https://liveutmb.sharepoint.com/:f:/s/collaboration/webfiles/En-0z1gttZhCud0rGjRoFt8B7BUbsFAEVAutRp6bUwC_xw?e=3JRMZO)or view Dr. Cara Geary’s four-minute video on wellness at the [UTMB RISE website](https://www.utmb.edu/covid-19/home/prevention-preparedness-wellness/mental-health-wellness). (Scroll to the bottom of the page for videos.) | |
| **DID YOU KNOW?** On June 4, 2016, our hospital on the UTMB League City Campus opened its doors, marking the first time UTMB offered inpatient care in the Bay Area region. Four years later, the hospital has now opened a new five-story south tower that has increased the facility’s bed count by nearly 200%—a welcomed addition in the growing area. Completed early and under budget, the tower has the potential to be expanded to 12 stories should the need arise. For the latest updates and information on the facility, visit [https://www.facebook.com/utmbhealthlch/.](https://www.facebook.com/utmbhealthlch/) | |