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 | **September 24, 2020** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
|  | **Financial results, as of Aug. 31, 2020:**For the month of August, UTMB’s adjusted margin was $17.1 million, and approximately $10 million favorable to planned results. For the entire fiscal year, UTMB was $1 million off budget with an adjusted margin loss of $25.6 million. As we have dealt with the impact of COVID-19, our overall patient revenue is down approximately $185 million for the year. In addition to the hard work from everyone this year, the federal stimulus funding and our cost-saving measures allowed us to perform close to budget. UTMB’s overall results, as with most health care organizations, will continue to be impacted into fiscal year 2021 by the ongoing COVID-19 pandemic. *\*The fiscal year-end results are considered preliminary, unaudited pending final annual financial audit.***Step up to a healthier you with Walktober**:The UT System 2020 Fall Wellness Challenge will take you on a virtual color tour of autumn’s most vibrant landscapes while inspiring you to make walking a priority. The 31-day challenge begins Oct. 1, and the goal is to earn at least 20 leaves by logging your steps or minutes of physical activity through the Living Well online platform or mobile app. All UT SELECT medical plan members and dependents age 18 and above are encouraged to participate and help UTMB compete for the UT System traveling trophy. Sign up today at [www.utlivingwell.com](http://www.utlivingwell.com) or see [iUTMB](http://intranet.utmb.edu/iutmb/) for more details. Registration for the challenge ends Oct. 9.**New ‘Medical Minute’ video series**:In an effort to keep our community and patients well-informed about important topics that may impact their health and well-being, UTMB has recently launched a new video series called “Medical Minute” that will be shared online through social media and the web. As the title suggests, these videos will be roughly one minute long and will cover a wide variety of topics. The first episode is now online. View the Medical Minute with Dr. Syed Gilani on Aortic Stenosis at <https://utmb.ensemblevideo.com/Watch/t8Y2Ewj4>. |
| TOPICSLEGEND |  PATIENT CARE EDUCATION & RESEARCH INSTITUTIONAL SUPPORT CMC |
| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **REMINDERS****UTMB’s Flu Free vaccination program**:UTMB’s Flu Free vaccination program offers employees and volunteers free flu shots each year to help prevent the spread of influenza. Vaccinations are available at all UTMB campuses and clinics. Employees and volunteers who receive a flu shot at a UTMB facility this year are asked to complete an online attestation/consent as proof of vaccination. The attestation/consent is available at <https://utmb.us/4di> and should be submitted within 24 hours of being vaccinated. For more details about the vaccination locations and UTMB’s health care worker requirements, please see <https://hr.utmb.edu/ehc/flufree/>.**Thank You Thursdays—Mammograms for UTMB employees:**As part of Breast Cancer Awareness Month, which takes place each October, UTMB’s Department of Radiology will take the mobile mammography unit on the road each week in October to offer mammogram screenings to employees across the institution. For more information and a full schedule, visit <https://utmb.us/4e1>.**RISE Task Force website:**The UTMB RISE (Resilience in Stressful Events) Task Force’s website provides resources, updates and general information to help each of us stay emotionally healthy during the COVID-19 pandemic. You can learn more at <https://www.utmb.edu/covid-19/home/sick-exposed/mental-health-wellness>.**IN CASE YOU MISSED IT****Sept. 22 Town Hall now online:**The video of the Sept. 22 Town Hall is now available online at <https://utmb.us/4d0>. During the special livestream-only event, Dr. Ben G. Raimer, UTMB president ad interim, and other UTMB leaders 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. Dr. Raimer 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>.**Sept. 17 Thought Leader lecture series:**UTMB’s Dr. Joan Nichols, associate director of Research at the Galveston National Laboratory, participated in the recent lecture that talked about the growing field of tissue engineering. During the discussion, Dr. Nichols, along with other experts in the field talked about the possibility of growing organs in space. To watch the full episode, visit <https://youtu.be/LmFCc9sYXzM?t=1>.  | **Weekly Wellness Tips:**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. This week, let’s focus on resilience related to our mental health. * **Write down something you're grateful for.** Gratitude has been linked to improved well-being, overall happiness, and is a powerful tool.
* **Spend time with a furry friend.** Pet therapy is proven to boost endorphins, which is why therapy dogs are often used to help treat PTSD, anxiety, and a host of other mental health issues.
* **Exercise.** Take a walk, go for a bike ride, take a virtual zoom class from the UTMB Field House. Whichever method of exercise you choose, get your heart rate up and those endorphins to kick in. At least 30 minutes of exercise a day is recommended but everything counts.
* **Go outside.** Sunlight helps your body produce Vitamin D, which increases serotonin in your brain. You can combine any of this week’s tips with this one for double the benefit.
* **Eat well.** Gut-brain health is a real thing. Your gut is constantly sending signals to your brain and your food intake has huge effects on your overall mental well-being. Protein increases norepinephrine, dopamine and tyrosine, which help keep you alert; omega-3 polyunsaturated fatty acids can improve your mood and help cognitive function.
* **Confide in a friend or mental health professional.** People often hold things in, let their problems build up, take too much on or feel like they can't trust anyone. Talking about your issues is proven to be effective. Being able to open up to others is a skill and takes practice.
* **Do something for someone else.** This is a proven strategy. Get outside of yourself and be useful to others. Not only does this take your mind off of your own problems, but it helps build self-worth by doing worthwhile acts.
* **Take a break.** Slow down; take a step back; walk away. Take a few moments to yourself. Try a breathing exercise and take 10 slow, deep breaths. This is proven to alleviate stress and increase blood flow.
* **Laugh.** Ever heard, “Laughter is the best medicine?” Well, it really can be. Laughter decreases stress hormones, increases circulation and oxygen-intake, releases endorphins and even has long-term benefits like improving your immune system, relieving pain, and improving your mood.
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| **DID YOU KNOW?**UTMB’s robust Research Enterprise could not operate without the work of more than 240 staff members who perform research administration functions. These individuals are responsible for supporting our research activities by performing administrative management, compliance, review and oversight, helping to ensure the good stewardship of sponsored research dollars. In FY20 this included more than $190 million that supported more than 250 sponsored activities for UTMB. COVID research accounted for $26 million and over 70 awards. In 2015, the National Council of University Research Administrators (NCURA) designated Sept. 25 as National Research Administrator Day to recognize the valuable work of these individuals. Please be sure to thank them for their role in supporting research that advances health care for people around the world! |