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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 | **October 1, 2020** |
| **YOUR DEPARTMENT NEWS** | **UTMB NEWS** |
| **Register Now for Walktober**Make physical activity a part of your daily routine with the UT System 2020 Fall Wellness Challenge. The challenge takes you on a virtual color tour of the world’s most spectacular autumn landscapes and festivals while promoting healthy habits. • The challenge runs from Thursday, Oct. 1, to Saturday, Oct. 31, and is open to all UT SELECT medical plan members and dependents age 18 and above.• Those who want to take part in this friendly competition may sign up at www.utlivingwell.com. The last day to register or form a team is Friday, Oct. 9.• The challenge 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. You will also have access to daily quizzes, delicious recipes, inspiring articles and more to help keep you moving.• UT System will award the traveling trophy to the institution with the greatest challenge registration and completion rates.• If you are unable to meet the challenge requirements due to medial constraints, please email livingwell@utsystem.edu for an alternative completion requirement.To learn more about the challenge and how to register, please see www.utlivingwell.com. | **Active shooter training exercise planned for Oct. 7:**The UTMB Police Department will conduct an active shooter training exercise on Oct. 7 from 8 to 10:30 a.m. at the UTMB Trauma Center (Biocontainment Care Unit or BCU). During the training exercise, the BCU will not be accessible. An Everbridge Alert will be distributed at the beginning of the exercise and again when it concludes. For more information about the exercise, contact UTMB Police Capt. David DeOre at dadeore@utmb.edu or (409) 789-8219. To check or update your contact information in Everbridge/UTMB Alerts, visit <https://utmb.us/2wr>.**Available Oct. 1—Primary care clinic ‘PreCheck-In**’:Welcome to your primary care boarding pass! Using MyChart, patients may now check-in in advance of their appointment to all UTMB primary care clinics. At UTMB, we want patients to spend their time in our clinics focused on their appointment instead of registration. Patients may now complete registration tasks up to two days in advance of their appointment, such as addressing co-pays, answering screening questions, providing allergy and medication information, and more. This new option will increase convenience for our patients while allowing staff to more efficiently spend their time focused on the overall patient experience. As always, patients may use MyChart to request prescription refills, schedule follow-up appointments and more. New patients or those without an active account should use the activation code on their After-Visit Summary to register. For more information, please visit the following websites (1) Information on MyChart: <https://utmb.us/4ee>; and (2) Training for staff on MyChart “PreCheck-In”: <https://utmb.us/4ef>.**COVID-19: Novel coronavirus updates****COVID-19 Clinical Task Force announces interim enhancements of precautions in all UTMB facilities**In view of the substantially reduced incidence of COVID-19 in our local region, which is currently at a less than a 5 percent positivity rate in those tested, UTMB will now allow a modest increase in the numbers of persons who can be present for face-to-face events. Read more about the latest interim enhancements of precautions for UTMB clinical, research, educational and administrative facilities at <https://utmb.us/4e9>.**COVID-19 website**: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). |
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| **AROUND UTMB** (Use the legend above to quickly find items of interest to your team) |
| **REMINDERS****Walktober registration ends Oct. 9:**Take strides to a healthier you with the UT System 2020 Fall Wellness Challenge. The 31-day challenge begins Oct. 1 and is open to all UT SELECT medical plan members and dependents age 18 and above. Those who participate will learn the benefits of an active lifestyle while experiencing a virtual color tour of the world’s most spectacular autumn landscapes and festivals. Sign up today at [www.utlivingwell.com](http://www.utlivingwell.com) or see [iUTMB](http://intranet.utmb.edu/iutmb/) for more details. The last day to register for the challenge is Oct. 9.**Thank You Thursdays—Mammogram screenings for UTMB employees:**As part of Breast Cancer Awareness Month in October, UTMB’s Department of Radiology is taking the mobile mammography unit on the road each week this month to offer mammogram screenings to employees across the institution. For more information and a full schedule, visit <https://utmb.us/4e1>. **Patient-centeredness Tip of the Week**:Dr. C. Joan Richardson, professor and chair of the Department of Pediatrics and director of the Division of Neonatology, once pinpointed the essence of Patient Centeredness. Quite simply, she said, “At UTMB, we are committed to providing the same care to our patients that we would want the most cherished of loved ones to receive.” If we always remember that our patients are the center of everything we do, we will always do the right things. Dr. Richardson has been a UTMB faculty member since 1974. Fast fact: UTMB’s Level IV neonatal intensive care unit admits approximately 900 babies per year. The 43-bed unit provides the acute and semi-acute care for moderately and critically ill newborns. **Congratulations to the newest members of the Academy of Master Teachers**:UTMB’s Academy of Master Teachers, an honorary service organization created to recognize outstanding educators and provide development opportunities for all faculty, has announced the induction of new members. Membership is based on applicants’ educator portfolios, which must provide evidence of quality in their work and dissemination of knowledge among the community of educators. Please join us in congratulating:* **Maria Belalcazar**, MD, associate professor in the Department of Internal Medicine, Division of Endocrinology
* **Amjad Hossain**, PhD, MS, associate professor in the Department of Obstetrics and Gynecology
* **Quan Nguyen**, MD, associate professor in the Department of Radiology
* **Beth Teegarden**, MD, associate professor in the Department of Anesthesiology.
 | **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.* **Learn from experience:** Consider thinking about and writing down past skills and strategies that helped you cope either positively or negatively. Cross off the negative ones and let the positive skills guide your future behavior.
* **Remain hopeful:** You can’t change the past but you can always look to the future. Accept that change will happen and choose to view it from a hopeful vantage point.
* **Show Gratitude:** One of the kindest things we can do is to say “thank you” to those who are doing what they can to fight the outbreak. It’s good for them and good for you.
* **Consider a journal:** Note what you want to learn, how you feel, inspirational quotes. Give yourself 5 to 15 minutes to reflect and decompress from the day.
* **Create, cultivate or invite in beauty today:** It’s a powerful antidote to despair and it gives us agency and power. Write, draw, dream, sing and share some form of beauty today.
* **Get outside today:** Nature and sunshine are good for the nervous system. Sit in the sun for 10 minutes. Watch the moon rise. Open a window. Bring flowers inside if you can’t get out.
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| **DID YOU KNOW?**Since its founding 27 years ago, the UTMB President’s Cabinet has awarded more than $6 million in seed funding to 160 programs focused on improving health and well-being in our communities. Many of the programs first funded by the President's Cabinet have been recognized and rewarded with federal grants and have gone on to garner national and international attention. In addition, 22 of the programs—worth more than $500,000—have been awarded to student-led initiatives since 1993. This year, the President’s Cabinet awarded $232,000 to nine programs from across UTMB. To learn more about this year’s recipients and to watch a special video announcing the award-winning programs, visit <https://development.utmb.edu/cabinet-2020>.**NOTES:**  |