

Students, trainees, faculty and staff,

I hope you had a restful weekend. I know it's challenging to relax these days, as our lives look drastically different than they did a few weeks ago. With any luck, you're settling into a new routine and can find new or modified ways to unwind. If you're finding it difficult, please remember that there are a [number of resources](#) available to you.

Learning and working

- The University of Calgary has updated the [guidelines for working from home](#). You may use your desktop computer and peripherals, including monitors, keyboards, computer mice and webcams, at home. For those already using your computing equipment at home, and those who wish to do so, please complete the [IT Equipment Agreement](#).

Education

- Last week, qualifying students began to receive summer studentship offers.
- With the transition to remote learning, some funded undergraduate students are seeking new data-driven, remote research opportunities in place of projects that are no longer feasible. If you have a suitable summer project available and are committed to remotely facilitating mentorship, please contact Toby Taylor at ttaylo@ucalgary.ca.

Research operations

- The UCalgary/Alberta Health Services (AHS) Clinical Research Fund is accepting applications for certain types of COVID-19 related clinical research. Visit the [guidance for researchers web page](#) for more information.

Volunteer opportunities

- I've been made aware of an urgent need for medical volunteers to help prevent and prepare for a potential outbreak of COVID-19 in the Calgary Drop-In Centre. If you're interested in volunteering, please sign up [here](#).
- On Mar. 20, I put a call out to faculty members asking for volunteers to assist AHS with contact tracing. Over 800 of you signed up to help, not just with contact tracing but with any COVID-19 response efforts where help is needed. This is an impressive number and I couldn't be prouder of our Cumming School of Medicine (CSM) community. Thank you!
 - AHS has now developed a [sign-up tool](#) to assist with the Calgary Zone physician response to COVID-19, so we've disabled the volunteer forms which previously existed on our main CSM website and on the Department of Medicine's website.

- If you signed up on either the CSM's or Department of Medicine's website, there's no need to sign up again. If you're interested in helping and have not yet signed up, please do so [here](#).
- If you're interested in volunteer opportunities outside of the health-care system, I encourage you to register on [UCalgary's COVID-19 volunteer support website](#).

COVID-19 media inquiries

- Many of you may be approached directly by a reporter, and if so, please direct COVID-19-related media inquiries to Kelly Johnston, senior communications specialist, at kelly.johnston2@ucalgary.ca or 403-617-8691.

Mental health and wellness during COVID-19

- Well Doc Alberta has launched an [Invite to Input about Physicians' Feelings and Stories of Gratitude](#) and is providing digital content, including [education bulletins and podcasts](#), to support physician wellness during this challenging time.

UCalgary resources

- [COVIDcast Episode 4: It's Far From Business As Usual](#): Workplace culture expert Eric Termuende discusses how leaders can manage a remote workforce and how the pandemic could be a catalyst for long-term business transformation.

With the Easter weekend approaching, I'll be adjusting our update schedule this week. My next update will be on Thursday, Apr. 9. Next week, after Easter Monday, I'll send updates on Tuesday and Thursday. If you're looking for information in between updates, please visit cumming.ucalgary.ca/covid or ucalgary.ca/covid-19.

If you have any questions, concerns or ideas, please send a note to esmdean@ucalgary.ca.

Have a great week!

Sincerely,

Jon Meddings, MD
Dean, Cumming School of Medicine
University of Calgary