

Students, trainees, faculty and staff,

I hope you had a happy, safe and healthy long weekend.

Building access

- Our Foothills campus will be transitioning to electronic card building access.
- When this change will occur is still unknown, but it could happen as early as later this week. I'll share additional information as it becomes available.
- If you're in a role that requires you to maintain building access and haven't already completed the building access form, please do so at cumming.ucalgary.ca/access.

Learning and working

- The University of Calgary has developed a new online resource to support faculty and staff with working from home. Visit ucalgary.ca/hr/employees-covid19 for solutions, resources and guidelines related to working remotely.
- Human Resources is offering interactive workshops which focus on working from home. [Register now](#).

Research operations

- There are now several resources in place for researchers and research staff who are conducting projects related to COVID-19, refocusing work to support front-line efforts (i.e. rapid manufacturing of personal protective equipment, supporting diagnostics), and involved in clinical work in the Calgary Zone. The resources aim to enable communication, collaboration and co-ordination. For more information, visit research.ucalgary.ca/covid-19/collaboration.
- In partnership with Innovate Calgary, Biomedical Engineering is offering bi-weekly Ask and Offer Forums. These sessions give members of our research community the opportunity to present their COVID-19 related research projects and ask for assistance. [Join the next Zoom call on Thursday, Apr. 16, at 2 p.m.](#)

Mental health and wellness during COVID-19

- New resources are available from Well Doc Alberta.
 - Education bulletin: [Grieving the Loss of Normalcy During the Pandemic](#).
 - Podcast: [Self-Awareness: More Important Than Ever](#).
- Visit welldocalberta.org/covid-19-updates to review all wellness tips and resources for physicians.

UCalgary resources

- [Webinar: Keys to getting through it all](#): Join registered psychologist Dr. Lianne Tomfohr-Madsen, PhD, on Wednesday, Apr. 15, at 1 p.m., as she discusses how mindfulness and self-compassion are more important than ever as people find themselves managing impossible situations. [Register now](#).
- View [all available webinars and podcasts](#) related to COVID-19.

Volunteer opportunities

- UCalgary is looking for individuals who are able to provide support to students, faculty and staff in need of day-to-day assistance, and physical or mental health supports. There are also specialized opportunities for the research and medical community to provide their expertise and skills to the health care and research communities. If you have the capacity and skills to provide support, visit the [COVID-19 volunteer support portal](#).
- Alberta Health Services has developed a sign-up tool to assist with the Calgary Zone physician response to COVID-19. [Sign up now](#).

My next update will be on Thursday, Apr. 16. If you're looking for information in between updates, please visit cumming.ucalgary.ca/covid or ucalgary.ca/covid-19.

Sincerely,

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