

Students, trainees, faculty and staff,

The Government of Alberta has launched a mobile contact tracing app called ABTraceTogether. If you run the app while you're out in your community, it will detect nearby phones that are also running the app and connect to make a "digital handshake." If an app user tests positive for COVID-19, Alberta Health Services (AHS) will ask the user for permission to access their ABTraceTogether data. Based on that data, AHS will contact any app users who may have been exposed.

The more Albertans who download and use the app, the more quickly AHS will be able to identify and isolate positive cases. I've downloaded the app and encourage you to as well — alberta.ca/ab-trace-together.aspx.

Building access

- If you're on the critical access list, but have lost your Unicard or have a card that predates 2007, please visit ucalgary.ca/ancillary/unicard and follow the "Submit a Selfie Online" instructions to request a new identification/access card. After completing the steps, email unicard@ucalgary.ca to ask about the pickup or delivery options that are available.

Education

- The [Wellness Innovation Scholarship for Health Professions Education and Health Sciences](#) team is conducting a research study to better understand the wellness needs of Cumming School of Medicine learners during the COVID-19 pandemic. If you're a student and are interested in helping to inform wellness planning and policies, please [complete the 15-minute online survey](#).

Research operations

- [Subscribe to the VPR office's weekly digest](#), which summarizes operational updates, funding opportunities, and relevant webinars or seminars in relation to COVID-19 research.
- Join UCalgary Biomedical Engineering and Innovate Calgary on **Thursday, May 7, at 1:30 p.m.** for an Ask and Offer forum that will give members of our research community the opportunity to present their COVID-19 related research projects and ask for assistance. Please contact bme@ucalgary.ca for the Zoom link. Sessions will be offered every Thursday at 1:30 p.m. throughout the month of May.

Mental health and wellness during COVID-19

- [Loneliness in the Time of COVID-19: A virtual Think Big event](#): Join experts from the Hotchkiss Brain Institute and the Mathison Centre for Mental Health Research & Education on **Tuesday, May 5, at 6:30 p.m.**, as they share the latest research on loneliness and the importance of living connected lives. [Register now](#).
- [COVIDCast Episode 16: Mental Wellness](#): Dr. Keith Dobson, PhD, talks about staying mentally well during the pandemic, ways to tell if something isn't right and support strategies. [Listen now](#).
- Room for Mindfulness sessions are available online Wednesdays at 12:30 p.m. For mindfulness reminders, tips or to attend an online session, email Dr. Todd Hill, PhD, at thill@ucalgary.ca.

UCalgary resources

- Explore the impact of COVID-19 on people experiencing homelessness in Calgary and other vulnerable groups during a digital forum hosted by the O'Brien Institute for Public Health on **Wednesday, May 6, from noon to 1 p.m.** [Register now](#).
- [Webinar: The elusive pandemic peak](#): Join infectious disease experts Dr. Chris Mody, MD, and Dr. Guido van Marle, PhD, on **Thursday, May 7, at 2 p.m.**, as they discuss why the peak may take longer than projected, why the infection rate is still growing and what a return to normal might look like. [Register now](#).

Stay safe and healthy.

Sincerely,

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