

Students, trainees, faculty and staff,

I hope you had a safe and happy long weekend, and were able to get outside and enjoy the beautiful weather.

I've been made aware of a phishing email that is circulating with my name attached as the sender. The email is originating from jonmeddings7@gmail.com and asks recipients to send me their cell phone number. It appears it has only been sent to Alberta Health Services (AHS) email addresses. I'm working with AHS' Information Technologies (IT) team to have the email identified as spam. Until then, if you receive an email from this Gmail address, please notify AHS IT by forwarding the email to AHSecure@ahs.ca and block the sender. Learn more about email phishing from the University of Calgary [here](#), and from AHS [here](#).

Learning and working

- On May 14, President Ed McCauley announced that instruction in the fall term will be provided through a combination of face-to-face and online or remote learning. [Read the full message](#).
- Dr. Lisa Belanger, PhD, a postdoctoral scholar at the Haskayne School of Business, says if you're working from home, taking micro-breaks helps boost productivity, reduce errors, improve your wellness, and more. [Read the full article](#).

Education

- The [Wellness Innovation Scholarship for Health Professions Education and Health Sciences](#) team is conducting research to better understand the wellness needs of Cumming School of Medicine (CSM) 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

- If your work doesn't meet the criteria for [Critical Research Designation](#) but you have research, scholarship or creative activities that must take place on campus, in the field or in the community, you may request approval to return to these activities while the university operates in a modified state. [Learn more](#).
- The weekly UCalgary Biomedical Engineering and Innovate Calgary COVID-19 Research Forum continues with this week's meeting on **Thursday, May 21, at 1:30 p.m.** If you would like to receive agendas and meeting invitations for this ongoing series, please email bme@ucalgary.ca.

UCalgary resources

- The COVID-19 pandemic has policy implications that will affect Canadians well into the future. Join the O'Brien Institute for Public Health today, **May 20, from 1 to 2 p.m.**, for a digital forum on health-care policy and how this crisis is impacting vulnerable groups. [Register now](#).

Mental health and wellness during COVID-19

- Visit the CSM's [physician wellness resource web page](#) for formal mental health and psychological resources, physician-to-physician peer support links, and education resources.
- New resources are also available from Well Doc Alberta.
 - Education bulletin: [Nourishing Our Bodies During the Pandemic](#).
 - Podcast: [Wellness on the Front Lines of a Pandemic](#).
- Well Doc Alberta continues to provide an opportunity for physicians to share their feelings and stories of gratitude. [Review the expressed feelings and stories](#), or [make a submission by completing the anonymous survey](#).

Please continue to send your questions and feedback to csmdean@ucalgary.ca. Have a great week!

Sincerely,

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