

From: [Mueller, Bruce](#)
Subject: FW: Update from the COP Dean's Office for Postdocs
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September 22, 2020

Dear Postdocs,

❖ **ResponsiBlue Mobile Screening App:** I don't know about you, but I have found the Responsiblue website to be a pain in the neck to use on my phone prior to entering a UM building. I know it is important from a COVID prevention perspective, but it was really cumbersome. GOOD NEWS! They have made it into a phone app! I used it this morning and it was a matter of simply entering a few keystrokes. Huge improvement from my perspective, so I thought I would share this with you: ResponsiBLUE is a mobile screening tool (responsiblue.umich.edu) that helps faculty, staff and learners keep the university healthy and reduce the spread of COVID-19. While the website has been in use for several weeks, **a mobile app is now available for download** onto your personal device. Click [HERE](#) to download the app.

❖ **Happy National Postdoc Appreciation Week:** There are many activities this week that is especially for you. You can learn more using this link <https://umpda.rackham.umich.edu/activities/postdoc-appreciation-week/>.

All postdoctoral fellows are members of the U-M Postdoctoral Association (UMPDA) and you can explore UMPDA's website to learn how to connect with UMPDA's co-chairs, attend a board meeting, join a peer circle, and more.

I also wanted to make sure you were aware of all the resources available to you through Rackham. <https://rackham.umich.edu/postdoctoral-fellows/>

Importantly there the [U-M Postdoctoral Handbook](#) which includes information on all aspects of your experience as a postdoc at Michigan and in Ann Arbor.

COLLEGE INFORMATION

❖ **Academic Calendar for Winter Term:** Not sure if you noticed, but the University released the academic calendar for next semester, [Winter 2021](#). It will differ from previous Winter semesters in that it has a later start (January 19, the Tuesday after MLK day). There is no provision for a Spring Break (bummer). Unlike our current semester, there is no plan to send students home before the semester ends. Of course all of this could change if there were a change in the COVID situation.

What does this mean to the College of Pharmacy?

- We will follow the University calendar with our course schedules.
- We anticipate that, again, most College teaching will be conducted remotely.
- Exams will be conducted in person as they are this semester for Pharm D students

❖ **Emergency Preparedness:** As September is National Preparedness Month and it is the beginning of another academic year, please take some time to review our emergency and safety procedures.

- **Internal MyCOP intranet:** <https://pharmacy.umich.edu/mycop/emergency-immediate-response-procedures>
- **COP external website:** <https://pharmacy.umich.edu/emergency-information>
- **Lab Safety:** <https://pharmacy.umich.edu/mycop/college-services/safety>

I strongly encourage you to sign up to receive emergency alerts from the University. Information on that and other communication resources is at:

<https://pharmacy.umich.edu/main-menu/emergency-information/stay-connected>.

Please review safety procedures with those in your lab this month.

❖ **“In the Interim” Program:** This week’s networking event will be with Dr. Jason Pogue, Clinical Pharmacy Professor and President of The Society of Infectious Diseases

Pharmacists. We will discuss the role of an infectious diseases pharmacist during a pandemic, the importance of professional organizations in networking, and much more on **Friday, September 24 from 5:30-6PM**. Don't forget to register!

❖ **Walk with Us!**: COP faculty and staff are invited to sign-up to lead a short 15-20 minute walk on campus with students and/or staff. If you are interested in walking with a leader, please use this self-scheduling [Google Sheet](#) by selecting a tab of a faculty or staff member available and add your name and email address to a day and time that works best for you. In order to maintain safe social distancing practices, walks are limited to no more than 2 students per faculty/staff member. Don't forget your mask!

❖ **Safe Medication Disposal Event**: The Fall event has been cancelled. Please stay tuned for information on the Spring event.

YOUR WELLBEING

❖ **Connecting the Dots Work-Life Balance Conference**: Register now for Connecting the Dots, a series of six free virtual presentations chock full of useful information for the way our lives are today. [Learn More and Register Now!](#)

Learn about building resilience. Experience a guided meditation session. Discover new opportunities for professional development. Find out about effectively managing financial challenges. Pick up tips on parenting and family care, and more. It's all available to you at no charge via Zoom webinars!

Connecting the Dots happens October 14, 15, and 16. Each day has two 60-minute Zoom presentations with 30 minutes for Q & A. One starts at 10 a.m. and one at 2 p.m. You can choose to register for as many presentations as you like.

Six Presentations are Available:

- Thrive: Seeing and Seizing Opportunities
- What Motivates You?

- Creating Joy (Even in Times of Stress and Change)
- How to Overcome Financial Challenges: From Mindset to Action
- Pandemic Parenting: A Virtual Roundtable
- Moment by Moment: Caregiving with Presence for Self-Preservation and Connection

❖ **MHealthy's FREE Virtual Well-Being Extravaganza! (October 1, 2020):** Join us on Thursday, October 1, 2020, for MHealthy's all-virtual Be Well Your Way! It's dozens of special presentations and demonstrations that focus on the many facets of your well-being!

[Registration Now Open!](#)

Choose from free exercise classes, mindfulness sessions, recipe demos, and more. And best of all, this year we are coming to you - to your house, your campus, your office, or where ever you're working right now - via Zoom.

There's something for everyone! Get moving, find your center, nourish your body and mind, and find balance in your life and mood. Join us for one topic, or choose several. All you need is 15-30 minutes to participate in fun, interactive activities focused on taking care of yourself. It's a great way to help you take a break and be kind to your body, mind, and mood.

Date: Thursday, October 1, 2020

Times: Early morning yoga/meditation: 7 – 8 a.m.

Morning sessions: 11 a.m. – 1 p.m.

Afternoon sessions: 4 – 6 p.m.

Cost: This virtual event is FREE!

Who can attend: Open to University of Michigan faculty and staff.

Sincerely,
Bruce A. Mueller
Interim Dean and Professor of Clinical Pharmacy

