Embrace Gratitude: Stop and Smell the Roses.
Take a moment each day to notice the beauty surrounding you. Life is hectic and many of us are juggling a full-time job, a family with busy schedules, COVID-19 anxiety, and financial stress. Make a point to take time each day to stop and enjoy the beauty life has to offer. When was the last time you took a moment to pause and appreciate the beauty surrounding you? Everyone is busy but try not to be so busy that you are missing out on the little things.

Convalescent Plasma.
The U.S. Food and Drug Administration began allowing researchers to request emergency authorization for the use of convalescent plasma, which shows potential as a treatment for COVID-19. UC and UC Health are following a research protocol from the Mayo Clinic to take “convalescent plasma,” or plasma obtained from those who have recovered from COVID-19, and administer it to hospitalized COVID-19 patients who have severe or life-threatening symptoms, or who may be at high risk for progression to severe or life-threatening disease. If you tested positive for COVID-19, or believe you had COVID-19, and have been fully recovered for at least 28 days, please click here to fill out the eligibility form and get scheduled for a donation today. Appointments are required for donation.

Clinical Research Education Opportunity.
Join the CCHMC CRP Monthly Meeting on Wednesday, July 22nd at 2pm. This meeting is open to all UC and UC Health employees. Panelists will discuss their experience as research participants. Click here to review more information about this event as well as details on getting continuing education credit. Tune in via this zoom link to join. For more information, please contact Mina Busch at Mina.Busch@cchmc.org.

Doctoring at 1,500 feet- During a Pandemic.
In a publication by the AAMC, readers get a glimpse of what it is like to “train in the high-flying world of air medical transport”. The article highlights the history of medical air transport and describes the challenges of air medicine. UC’s very own Amanda (Humphries) Ventura, MD, a fourth-year emergency medicine resident, describes her experience working in a medical transport helicopter. With over 130 flights under her belt and in her final year of residency, Ventura is a resident assistant medical director, who helps train 14 new residents each year. We wish Ventura luck as she takes on a one-year emergency medicine fellowship at UNM with future hopes of becoming a helicopter emergency medical services medical director.

Stay updated on UC Coronavirus COVID-19 policies:
College of Medicine Office of Research: https://www.med.uc.edu/research/coronavirus
UC Office of Research: https://research.uc.edu/coronavirus-and-your-research
UC: https://www.uc.edu/publichealth.html