Embrace Gratitude: Find Gratitude in Your Challenges.
Life is messy and full of ups and downs. Instead of remaining caught up in our mistakes, try to take a moment to think about what your challenges have taught you. What can you be grateful for? What lessons have you learned? How have you evolved as a person from your hardship? What have you learned about yourself? How have your hardships served you? Try to maintain a positive attitude even during the difficult times. Always remember, tough times do not last, tough people do. Take some time each morning to look in the mirror and say, “I appreciate you,” or “I’m thankful for you.”

UC Health Office of Clinical Research.
Kristen Tenney works closely with the UCH Office of Clinical Research (OCR) and serves as the research liaisons at the West Chester Hospital (WCH). She is part of a team that approves research at WCH, in conjunction with the OCR. Please reach out to Kristen at Kristen.Tenney@UCHealth.com with questions if your team is interested in using West Chester Hospital as a UCH site.

#WhoWoreItBetter: Join the Twitter Movement.
College of Medicine labs and affiliate organizations have been participating in the #WhoWoreItBetter Twitter challenge by showing their commitment to mask wearing. The Cushion, Waltz, Davidson, Shah, and Conforti labs in addition to the CCTST and the College of Engineering have all participated in the challenge by posting pictures of their group in masks. We are so impressed with the fantastic support of our researchers who contribute everyday to the culture of the College of Medicine. Join the challenge today by tweeting @UC_CoMResearch a picture of your lab sporting masks. We will feature all those who participate on CoM digital signage.

Featuring a COVID-19 Clinical Trial.
The clinical trial known as the “CSSC-001” is a study for patients who are at high risk of developing COVID-19 after being exposed to someone who is infected with the novel coronavirus. The study will determine whether giving these patients plasma with antibodies will prevent illness or lessen the severity of the illness. This plasma comes from people who have recovered from COVID-19. Researchers will study two groups of people: one group will receive antibodies with plasma and the other will receive regular plasma. For more information, reach out to the study contact Sharon Kohrs.

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