



## The Inside View

### Special COVID-19 Wellness Edition

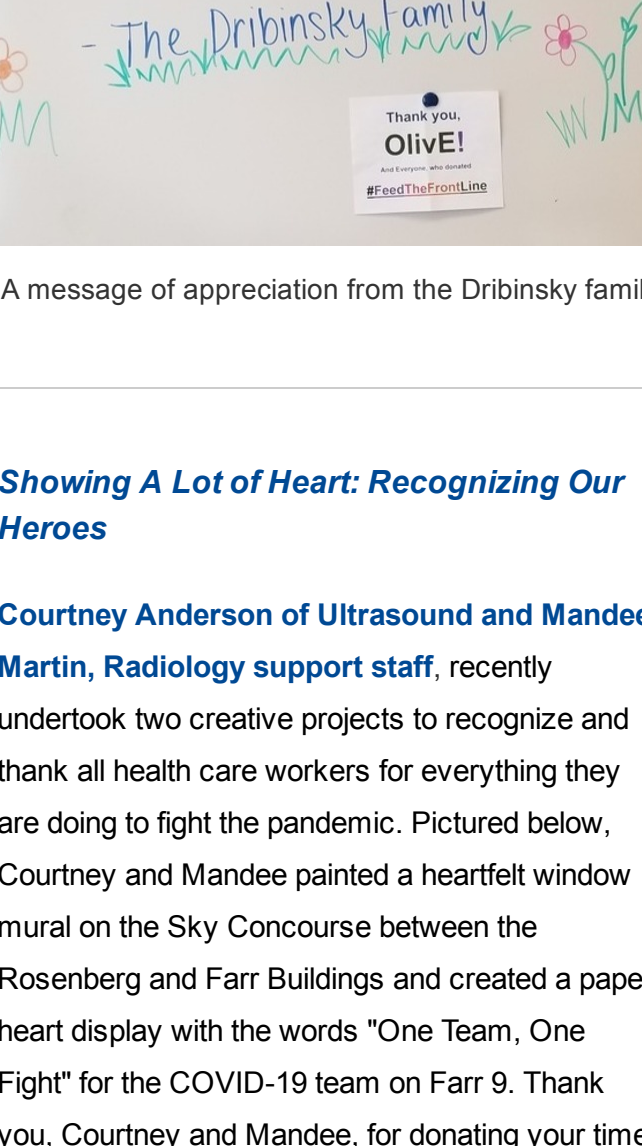
## Staff Spotlights

### Feeding the Front Line

**Tali Fudim, IR NP**, recently collaborated with several community partners on a generous 50-meal lunch donation for our angiogram physicians, nurses, and technologists.

Dmitry Dribinsky, local realtor and administrator of the cooking group, Olive, kindly made this donation with his daughter, Viktoriya Dribinskaya, and Flame Cafe/Arsenal Catering Group. Dmitry and his family have been fundraising and delivering food to support frontline workers at Massachusetts hospitals including Boston Children's Hospital, Brigham and Women's Hospital, and Tufts Medical Center.

And on April 22, BIDMC joined the list when our colleagues enjoyed delicious, individually packaged meals—including chicken meatballs with tomato sauce and fresh salad—and a moment to decompress thanks to the generosity of these community members. We extend our sincere gratitude to them and to Tali for being the point person for a wonderful lunch!



Tali Fudim, NP, Interventional Radiology

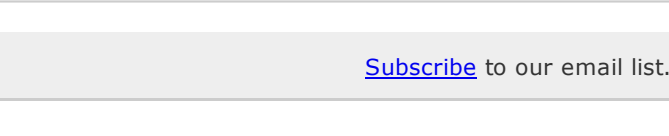
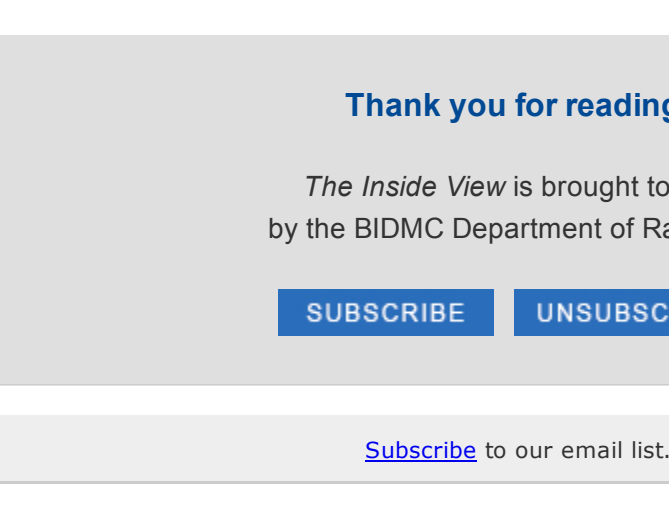
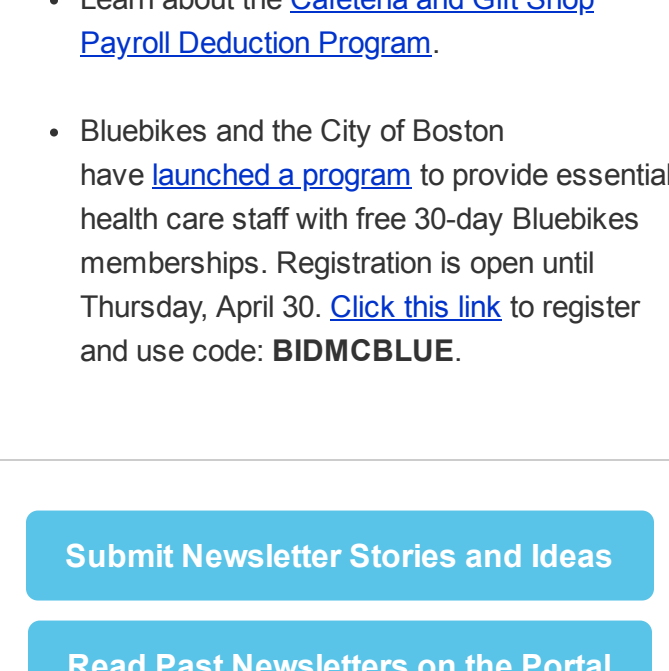
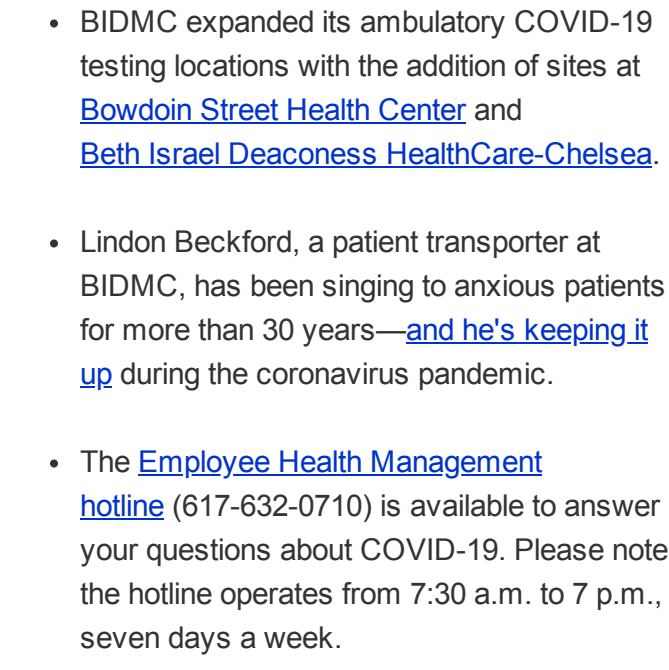
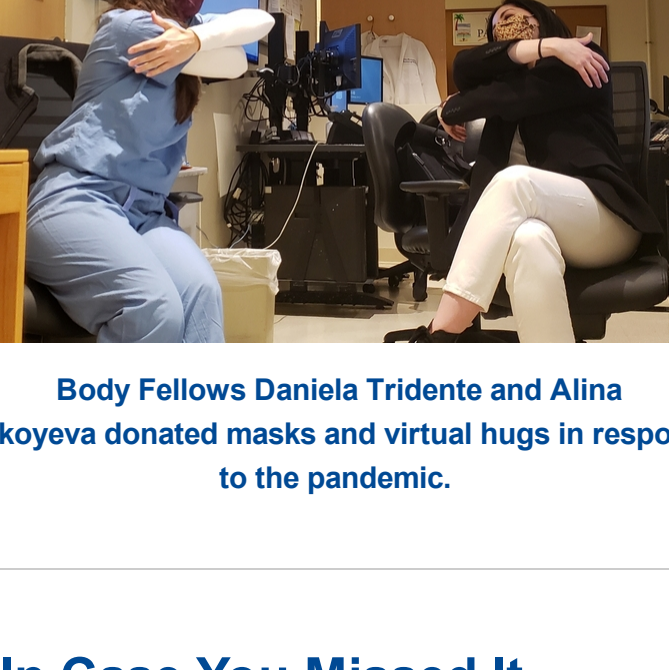
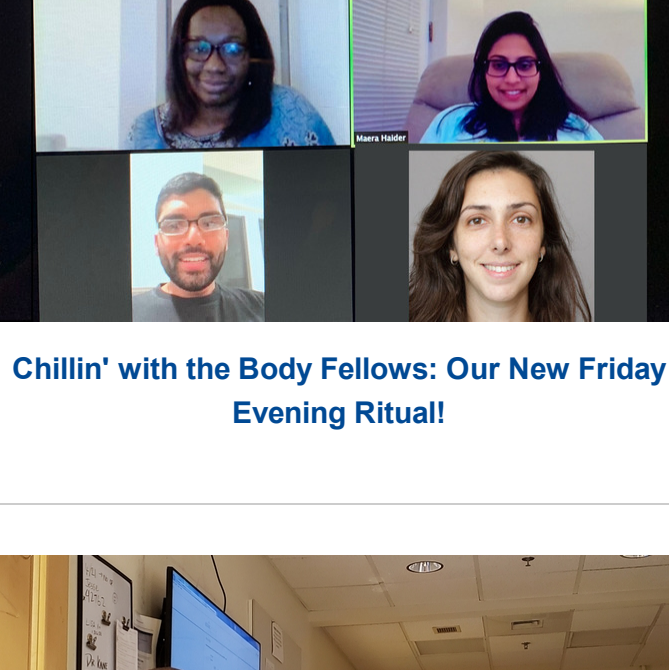
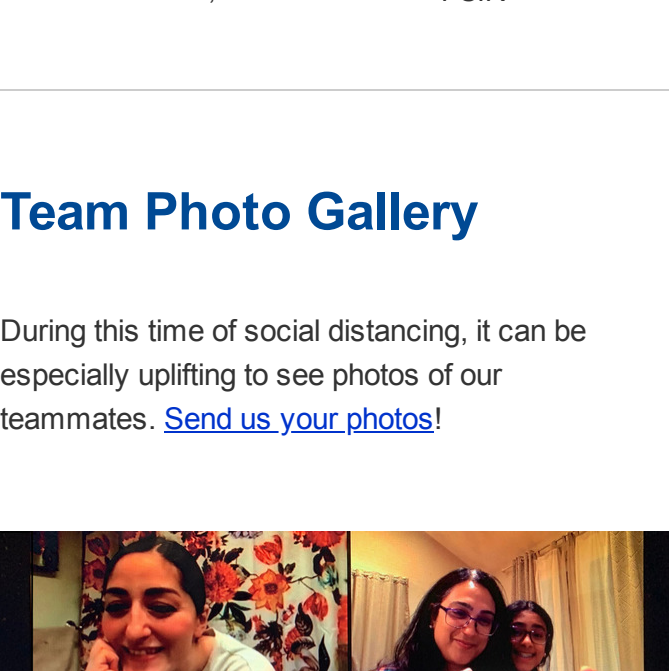
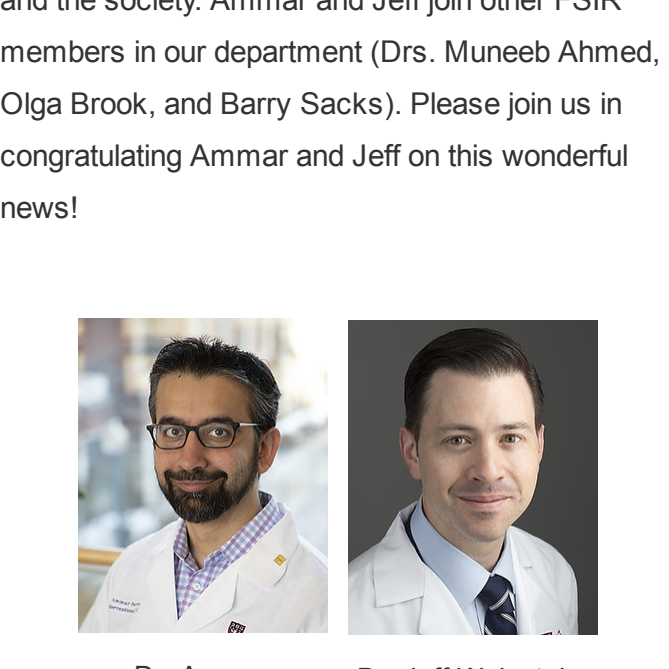
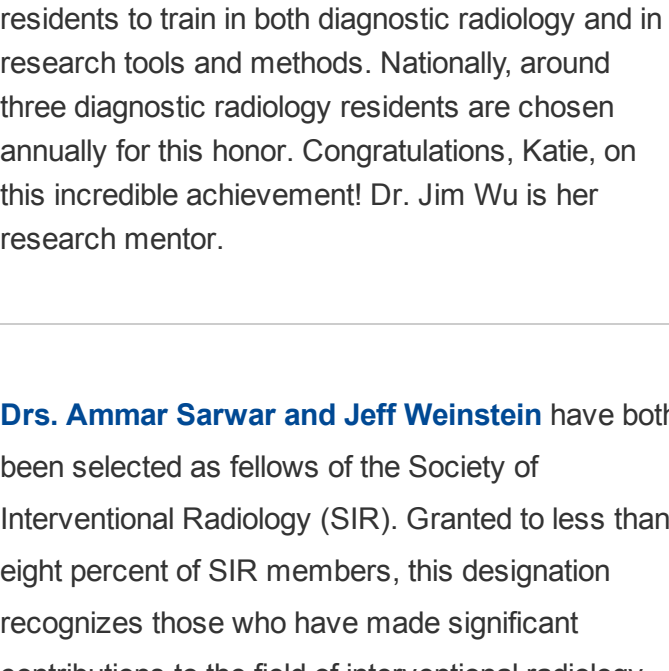
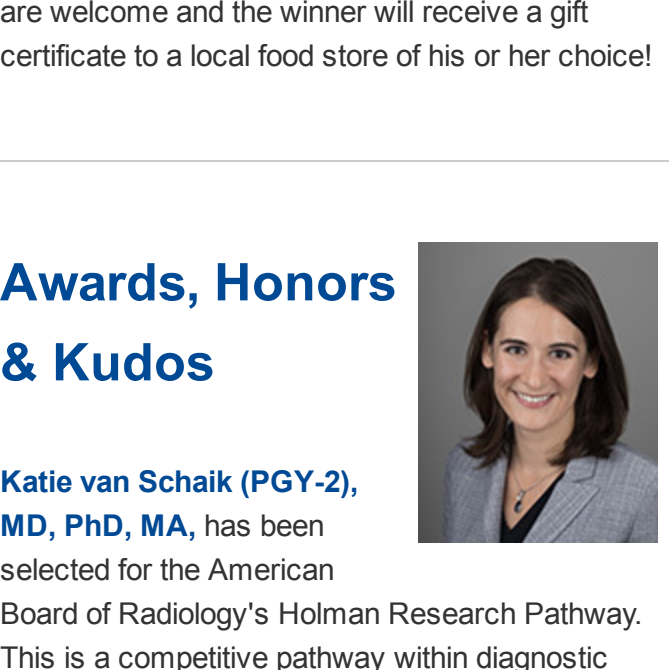
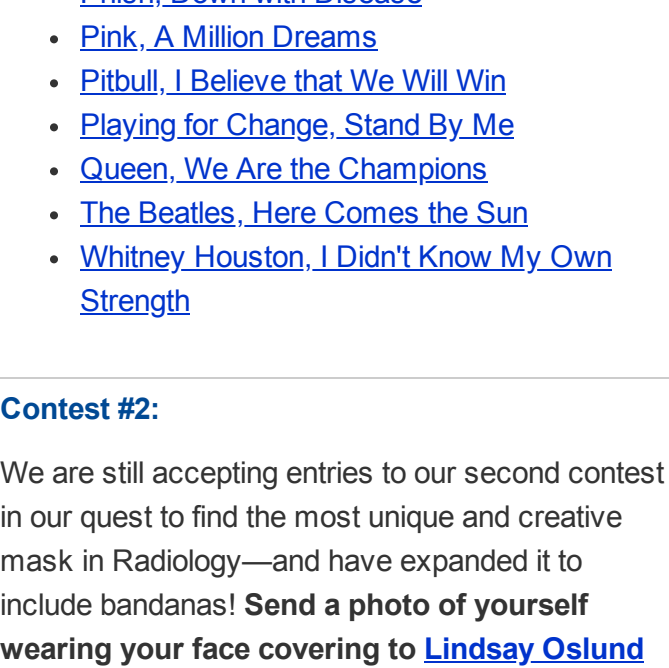
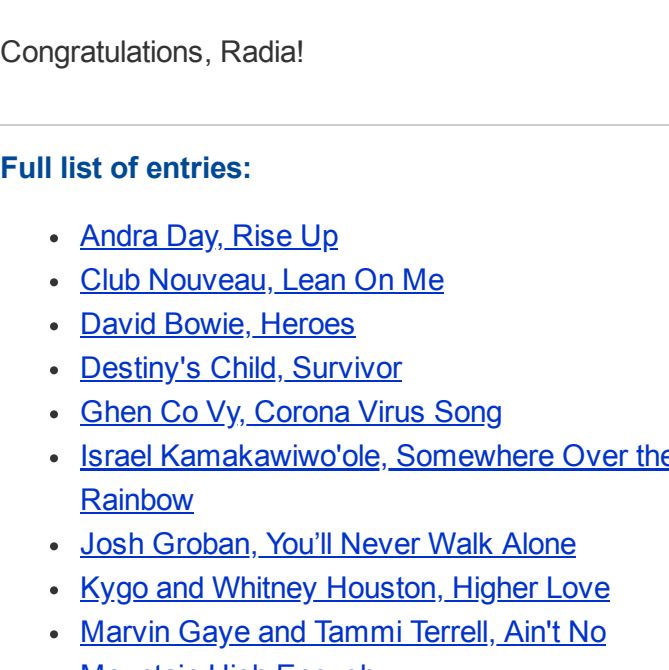
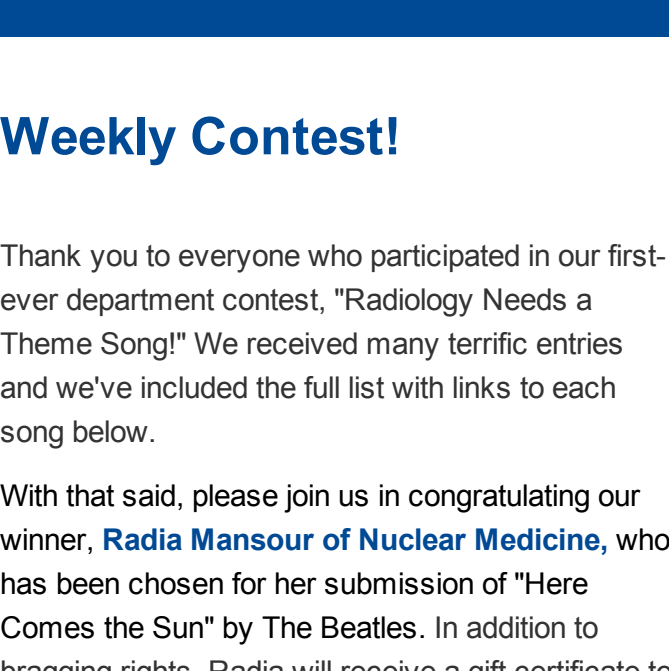
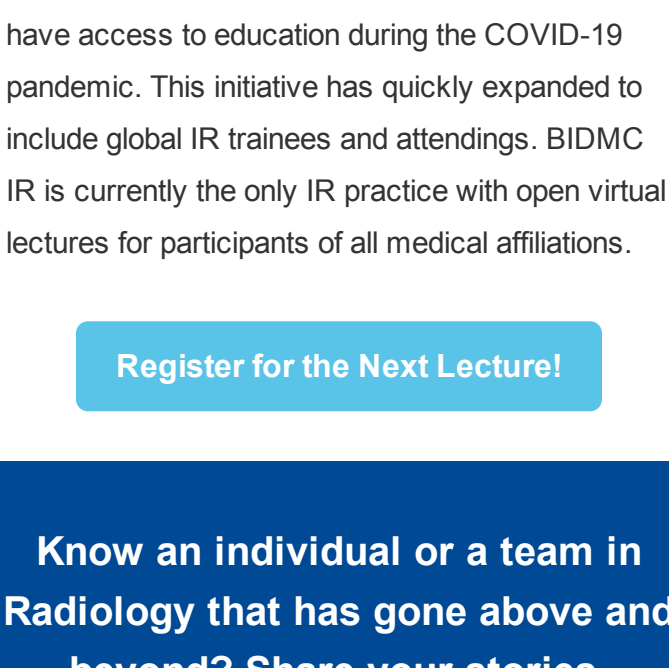
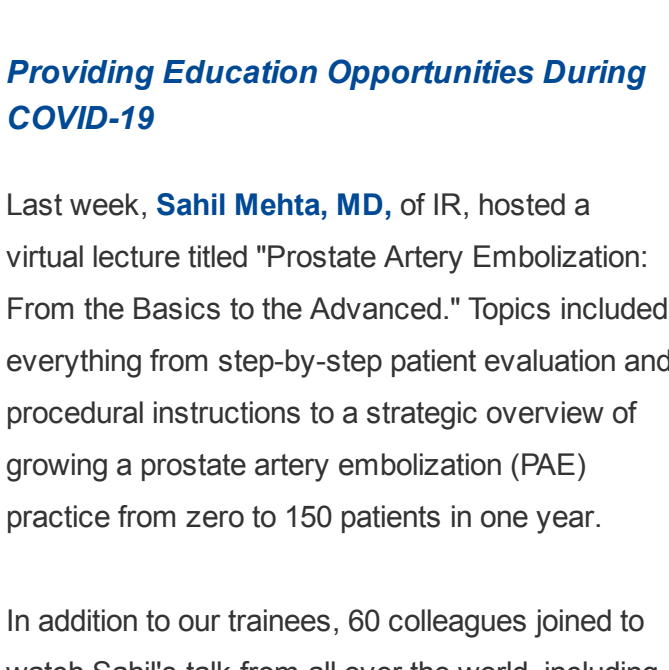


A message of appreciation from the Dribinsky family

### Showing A Lot of Heart: Recognizing Our Heroes

**Courtney Anderson of Ultrasound and Mande Martin, Radiology support staff**, recently

undertook two creative projects to recognize and thank all health care workers for everything they are doing to fight the pandemic. Pictured below, Courtney and Mande painted a heartfelt window mural on the Sky Concourse between the Rosenberg and Farr Buildings and created a paper heart display with the words "One Team, One Fight" for the COVID-19 team on Farr 9. Thank you, Courtney and Mande, for donating your time and sharing your talents to help brighten our heroic health care workers' days.



## Coronavirus Central

### Daily BIDMC COVID-19 Update

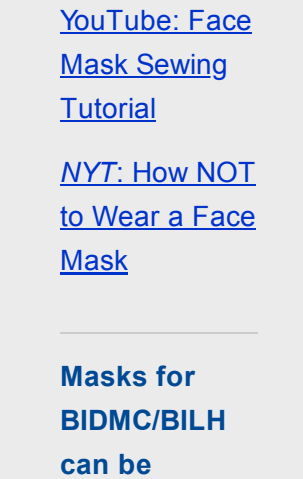
For the latest number of COVID-19 cases at BIDMC and employees who have tested positive, [visit Coronavirus Central](#).

For daily video updates from BIDMC leadership, [click here](#).

### Have Your BIDMC ID Badge Ready to Enter the Medical Center

Any person entering facilities on our East and West Campus is being screened, and employees must show their BIDMC ID badge to enter the medical center.

## Infection Control Resources



[PPE Guidelines](#)

[Workspace Tips](#)

[Employee Health](#)

[Patient Resources](#)

[Symptom Reporting](#)

[Safeguarding Family](#)

**Interested in making your own masks for personal use? Check out these resources:**

[NYT: How to Make a Face Mask](#)

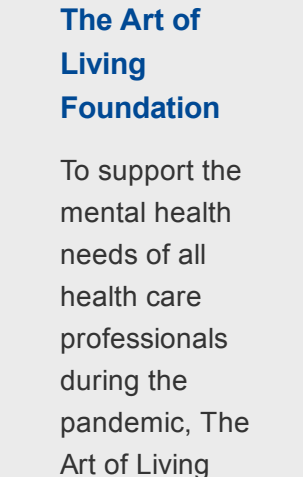
[YouTube: Face Mask Sewing Tutorial](#)

[NYT: How NOT to Wear a Face Mask](#)

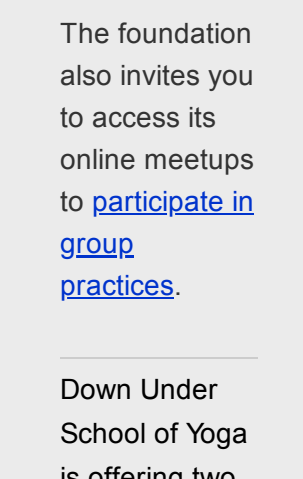
**Masks for BIDMC/BILH can be dropped off with or shipped to:**

Tim Parritt  
Sr. Operations Director  
Department of Radiology  
Beth Israel Deaconess Medical Center  
Boston, MA 02215

## Childcare Resources



## Delivery & Curbside Ideas



[Whole Foods](#)

[Peapod](#)

[Wegmans](#)

[Mercato](#)

[Wilson Farm](#)

[Russo's](#)

[Allium Market](#)

[Berezka International Food](#)

[Curds and Co.](#)

[Dave's Fresh Pasta](#)

[Outdoor Grocery Shopping with Appointments](#)

Fish, Meat, Poultry, Butter:

>>[Red's Best](#)

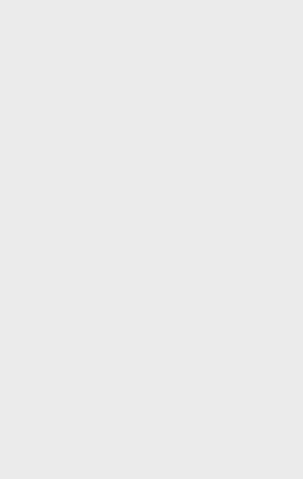
>>[Savenor Butcher Shop](#)

>>[Walden Local](#)

[Boston Magazine's List of Local Stores](#)

[Eater Boston's Grocery Guide](#)

## Your Health & Wellness



### The Art of Living Foundation

To support the mental health needs of all health care professionals during the pandemic, The Art of Living foundation is offering [free breathing practices](#) in a self-paced, online format.

The foundation also invites you to access its online meetups to [participate in group practices](#).

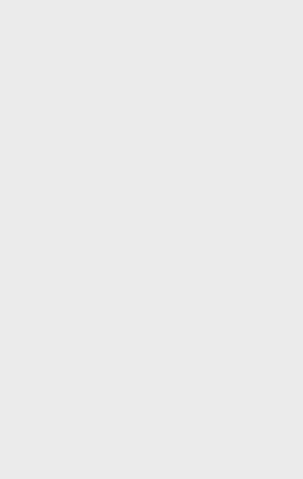
Down Under School of Yoga is offering two weeks of unlimited livestream classes for free as a thank you to health care workers.

[Learn more and register for the classes here.](#)

For other wellness ideas, click the links below.

[Physical Fitness](#)

[Emotional Health](#)

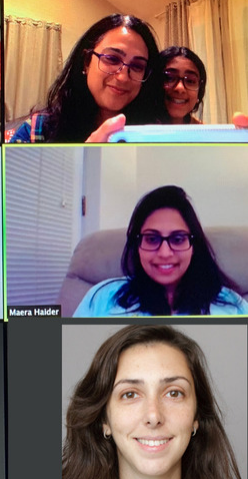


[Tune Into Our Podcast](#)

**Drs. Ammar Sarwar and Jeff Weinstein** have both been selected as fellows of the Society of Interventional Radiology (SIR). Granted to less than eight percent of SIR members, this designation recognizes those who have made significant contributions to the field of interventional radiology and the society. Ammar and Jeff join other FSIR members in our department (Drs. Muneeb Ahmed, Olga Brook, and Barry Sacks). Please join us in congratulating Ammar and Jeff on this wonderful news!



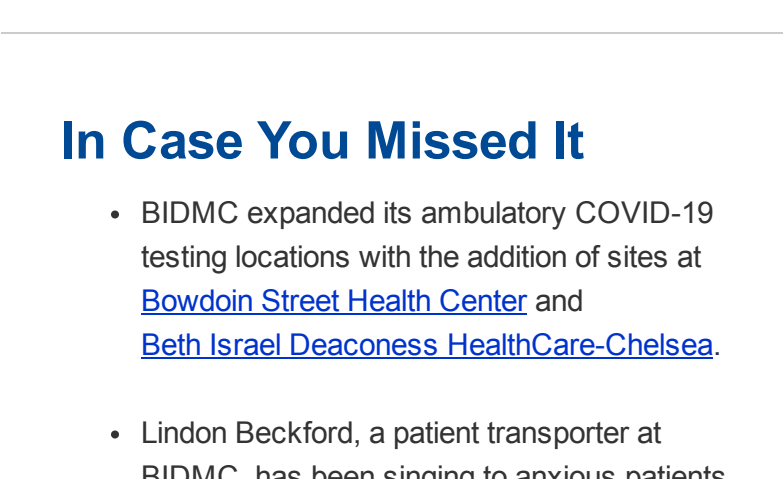
Dr. Ammar Sarwar, FSIR



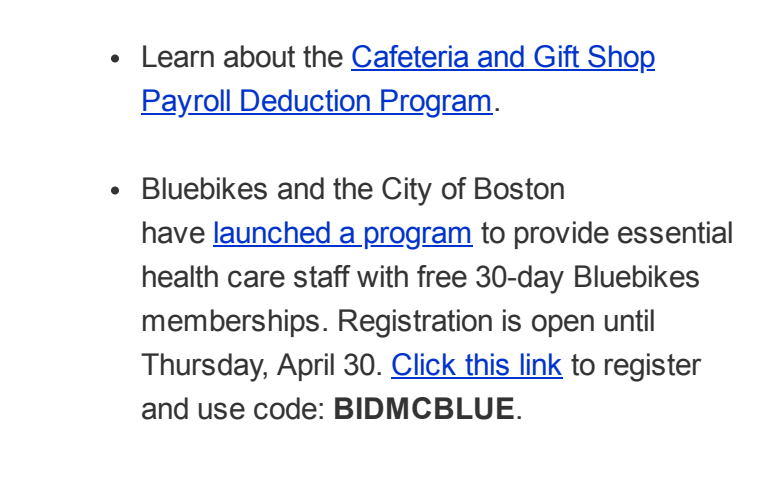
Dr. Jeff Weinstein, FSIR

## Team Photo Gallery

During this time of social distancing, it can be especially uplifting to see photos of our teammates. [Send us your photos!](#)



**Chillin' with the Body Fellows: Our New Friday Evening Ritual!**



**Body Fellows Daniela Tridente and Alina Makoyeva donated masks and virtual hugs in response to the pandemic.**

## In Case You Missed It

- BIDMC expanded its ambulatory COVID-19 testing locations with the addition of sites at [Bowdoin Street Health Center](#) and [Beth Israel Deaconess HealthCare-Chelsea](#).
- Lindon Beckford, a patient transporter at BIDMC, has been singing to anxious patients for more than 30 years—and [he's keeping it up](#) during the coronavirus pandemic.
- The [Employee Health Management hotline](#) (617-632-0710) is available to answer your questions about COVID-19. Please note the hotline operates from 7:30 a.m. to 7 p.m., seven days a week.
- Learn about the [Cafeteria and Gift Shop Payroll Deduction Program](#).
- Bluebikes and the City of Boston have [launched a program](#) to provide essential health care staff with free 30-day Bluebikes memberships. Registration is open until Thursday, April 30. [Click this link](#) to register and use code: **BIDMCBLUE**.

[Submit Newsletter Stories and Ideas](#)

[Read Past Newsletters on the Portal](#)

**Thank you for reading!**

The Inside View is brought to you by the BIDMC Department of Radiology

[SUBSCRIBE](#)

[UNSUBSCRIBE](#)

[Subscribe](#) to our email list.