MANA

The Inside View

**Special COVID-19 Wellness Edition** 

### **Staff Spotlights** Feeding the Front Line Tali Fudim, IR NP, recently collaborated with

# nurses, and technologists.

Dmitriy 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. Dmitriy and his family have been fundraising and delivering food to support

several community partners on a generous 50-meal

lunch donation for our angiogram physicians,

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! www.FlameCaleOfBoston.com

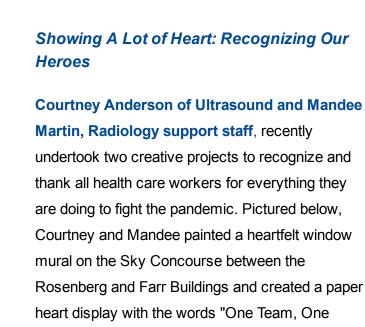
GREEK & ARMENIAN C 617-407-OlivE! 17. 407. 1160 Tali Fudim, NP, Interventional Radiology Many THANKS for all
you do!

The Pribinsky Family

Heroes

A message of appreciation from the Dribinsky family

OlivE! #FeedTheFrontLine



Fight" for the COVID-19 team on Farr 9. Thank you, Courtney and Mandee, for donating your time

and sharing your talents to help brighten our heroic

health care workers' days.





"That was one of the best lectures I've ever heard

Our IR practice recently started offering weekly

academic Zoom lectures to ensure our trainees

have access to education during the COVID-19

pandemic. This initiative has quickly expanded to

include global IR trainees and attendings. BIDMC

lectures for participants of all medical affiliations.

IR is currently the only IR practice with open virtual

Register for the Next Lecture!

at any conference."

Know an individual or a team in Radiology that has gone above and beyond? Share your stories.

Thank you to everyone who participated in our first-

ever department contest, "Radiology Needs a

Theme Song!" We received many terrific entries

and we've included the full list with links to each

With that said, please join us in congratulating our

has been chosen for her submission of "Here

Comes the Sun" by The Beatles. In addition to

winner, Radia Mansour of Nuclear Medicine, who

bragging rights, Radia will receive a gift certificate to

**Weekly Contest!** 

a food store of her choice!

Andra Day, Rise Up

• David Bowie, Heroes

Destiny's Child, Survivor

Mountain High Enough Phish, Down with Disease Pink, A Million Dreams

 Pitbull, I Believe that We Will Win Playing for Change, Stand By Me

We are still accepting entries to our second contest in our quest to find the most unique and creative mask in Radiology—and have expanded it to include bandanas! Send a photo of yourself wearing your face covering to Lindsay Oslund by 5 p.m. on Thursday, April 30. All submissions are welcome and the winner will receive a gift

certificate to a local food store of his or her choice!

Board of Radiology's Holman Research Pathway. This is a competitive pathway within diagnostic radiology residency that encourages selected

residents to train in both diagnostic radiology and in research tools and methods. Nationally, around

Drs. Ammar Sarwar and Jeff Weinstein have both

Interventional Radiology (SIR). Granted to less than

eight percent of SIR members, this designation

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

recognizes those who have made significant

been selected as fellows of the Society of

Club Nouveau, Lean On Me

Ghen Co Vy, Corona Virus Song

• Josh Groban, You'll Never Walk Alone Kygo and Whitney Houston, Higher Love Marvin Gaye and Tammi Terrell, Ain't No

Israel Kamakawiwo'ole, Somewhere Over the

Congratulations, Radia!

Full list of entries:

Rainbow

song below.

#### Queen, We Are the Champions • The Beatles, Here Comes the Sun • Whitney Houston, I Didn't Know My Own <u>Strength</u>

Contest #2:

& Kudos Katie van Schaik (PGY-2), MD, PhD, MA, has been

selected for the American

**Awards, Honors** 

three diagnostic radiology residents are chosen annually for this honor. Congratulations, Katie, on this incredible achievement! Dr. Jim Wu is her research mentor.

Dr. Ammar Dr. Jeff Weinstein, Sarwar, FSIR **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!



**Evening Ritual!** 

In Case You Missed It

**Body Fellows Daniela Tridente and Alina** 

to the pandemic.

- 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.
  - Payroll Deduction Program. have launched a program to provide essential health care staff with free 30-day Bluebikes memberships. Registration is open until

**Submit Newsletter Stories and Ideas Read Past Newsletters on the Portal** 

**BIDMC** COVID-19 **Update** For the latest

Coronavirus

Central

**Daily** 

#### COVID-19 cases at BIDMC and employees who have tested positive, visit

number of

Coronavirus Central. For daily video updates from BIDMC leadership,

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

Any person

facilities on our

East and West

entering

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** 

Safeguarding Family Interested in making your own masks

for personal

use? Check

out these

Symptom Reporting

resources: NYT: How to Make a Face <u>Mask</u>

YouTube: Face Mask Sewing

NYT: How NOT to Wear a Face

<u>Tutorial</u>

<u>Mask</u>

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

<u>Peapod</u>

<u>Wegmans</u>

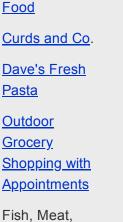
Wilson Farm

**Allium Market** 

**Mercato** 

Russo's

<u>Berezka</u> <u>International</u>



Poultry, Butter:

>>Red's Best >>Savenor Butcher Shop >><u>Walden</u> Local

<u>Boston</u>

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

Down Under

School of Yoga

is offering two weeks of

classes for free as a thank you

to health care

workers.

unlimited livestream

<u>group</u> practices.

Learn more and register for wellness ideas. **Physical Fitness Emotional Health Tune Into Our Podcast** 

Chillin' with the Body Fellows: Our New Friday

## BIDMC expanded its ambulatory COVID-19 testing locations with the addition of sites at

- · Learn about the Cafeteria and Gift Shop Bluebikes and the City of Boston
- Thursday, April 30. Click this link to register and use code: BIDMCBLUE.
  - Thank you for reading!

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

the classes here. For other click the links below.

Makoyeva donated masks and virtual hugs in response

Subscribe to our email list.