



The Inside View

Special COVID-19 Wellness Edition

BILH Community Unites at 'White Coats for Black Lives' Kneel-In



Photo Credit: BIDMC Media Services

On Friday, June 5, members of the BILH community gathered together outside BIDMC on the Shapiro Plaza in Boston and virtually on Zoom to show support for those who have been affected by racism, and to honor those who have lost their lives.

In an event organized by the Department of Medicine at BIDMC, hundreds of staff knelt in silence for 8 minutes and 46 seconds—a moment of solidarity and to raise awareness of racism as a public health issue that affects our community.

Excerpted from [the Portal story](#), which includes a [photo gallery](#). To view the full Kneel-In event, click the video below.



Coronavirus Central

Visit the [Performance Manager](#) to view the COVID-19 Dashboard.

Watch daily BIDMC leadership videos [here](#).



BILH Safe Care combines new processes, standards, and technologies to ensure patient safety for consultations, screenings, care, procedures, surgeries, or any other medical need. [Learn more and view the resources here](#).

Infection Control Resources



[PPE Guidelines](#)

[Workspace Tips](#)

[Employee Health](#)

[Safeguard Family](#)

[Report Symptoms](#)

[Patient Resources](#)

Face mask resources:

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

[YouTube: Face Mask Sewing Tutorial](#)

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

Child Care Resources



[Click Here](#)

Your Health & Wellness

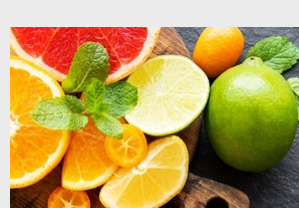


[Meditation Tools](#)

[Physical Fitness](#)

[Emotional Health](#)

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](#)

[Red's Best](#)

[Savorin Butcher Shop](#)

[Walden Local](#)

[Boston](#)

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

[Eater Boston's Grocery Guide](#)

2020 Virtual Pride Events

BIDMC is recognizing Pride month with a series of virtual activities. Events around

BIDMC and Boston will include:

- Thursday, June 11: Pride Zoom Celebration
- Monday, June 15: Fenway Health Webinar
- Wednesday, June 24: MOVE with Pride Virtual Workout
- Saturday, June 27: Global Pride 2020



[Learn More on the Portal](#)

Awards, Honors & Kudos

Gopal Varma, PhD, will receive the Beth Israel Deaconess Medical Center Department of Radiology Fellowship for 2020. The Fellowship is part of The Eleanor and Miles Shore Faculty Development Award Program at Harvard Medical School. The award may be used for protected time from clinical, teaching, or other responsibilities to pursue academic work, including research, or developing a new clinical or teaching program. Please join us in congratulating Gopal on this wonderful news!



Outdoor Photo Contest— Deadline Extended!

As summer in New England approaches, we invite everyone to take an outdoor photo of a favorite landmark, neighborhood, or other subject and submit it to our next departmental contest. We are now accepting entries **through Monday, June 15, at 10 a.m.** All entries will be collected and entered into a survey for voting. The winner will receive a \$20 gift card to a local food store of his or her choice.

[Submit Your Outdoor Photo](#)

Our Virtual Classroom

Thank you to everyone who tuned into our Virtual BITS series for the past several weeks. Because of you, these new lectures have been a success. We will be pausing Virtual BITS until the new academic year begins. We hope you will join us again then!

Visit the Portal and check out our **Faculty Development Podcast episodes**:

- [Episode 1: Clinical Teaching Best Practices](#) with Dr. Jim Wu
- [Episode 2: High-Quality, High-Throughput Clinical Reading](#) with Dr. Rafeeqe Bhadelia
- [Episode 3: Advancing One's Investigative Career](#) with Dr. Muneeb Ahmed
- [Episode 4: Longer-Service Criteria for Promotion at HMS](#) with Dr. Debbie Levine
- [Episode 5: High-Quality, High-Throughput Clinical Reading](#) with Dr. Dinushi Perera



In Case You Missed It

- If you're looking to keep your mind fresh, Harvard University is offering [more than 90 free online courses](#). Selections in the Humanities, Art & Design, Education, and Social Sciences are all available.

- The Employee Assistance Program (EAP) is free and available to all employees with confidential counseling 24/7. [Learn more](#).



[Read / Download Past Newsletters >>](#)

[Submit Newsletter Stories and Ideas >>](#)

Thank you for reading!

The Inside View is brought to you by the Department of Radiology at Beth Israel Deaconess Medical Center

[Visit Our Website](#) | [Follow Us on Twitter](#)

SUBSCRIBE

UNSUBSCRIBE

[Subscribe](#) to our email list.