

From: comt_odi-request@list.arizona.edu
To: comt_odi@list.arizona.edu
Subject: [comt_odi] December 2020 Newsletter
Date: Friday, December 11, 2020 2:31:16 PM
Attachments: [image010.png](#)
[image012.png](#)



december

Dear UArizona COM – T Community,

As 2020 draws to a close, we want to take time to reflect on the events of the past year. A year that began with New Year’s Resolutions, plans and promises, quickly evolved into a COVID19 pandemic, nationwide protests for racial justice, chaos and celebration around an election that still drags on. Maybe you quarantined and had to work from home or attend school online. Maybe someone you care about is an “essential worker,” or got sick, or lost a job; or maybe you cared for someone who succumbed to COVID19.

Or maybe something hopeful has come out of 2020 for you — a closer relationship with a family member, a new hobby, a deeper understanding of yourself. Celebrating the recovery of someone you care about or your own recovery. Completing another semester of school and moving one step closer to your goal! Let’s take this opportunity to celebrate life at the end of another year!

During this winter break, it’s important to practice self-care during the holidays. Check in on yourself and on your loved ones. Show your appreciation for yourself and for the people in your life. We at the College of Medicine – Tucson value each and every single one of you.

Take time to reflect on the year that was. Reflection allows us an opportunity to consider what has transpired, and plan ahead using lessons learned. I encourage you to take a few moments over the holidays to consider the questions posed in this article: [2020 Year In Review: 50 Powerful Questions To Help You Reflect](#).

We look forward to your return in 2021! Have a safe and healthy holiday!

Acknowledgements:

ANAMS Student Video Project: Pass The Stethoscope! In honor of Native American Heritage Month (November 2020), our office worked with COMT students from ANAMS (Association of Native American Medical Students) to complete a video project on #passthestethoscope. This video was shared by COMT online and will continue to be available on the ODEI website. Thank you to all who participated! Click [HERE](#) to view full video.

Native Americans
in Medicine

#PassTheStethoscope

DEI Trainings:

ODEI will be scheduling more trainings open to all in the new year. Please check our website for information on these trainings.

Events:

APSA West Regional Meeting December 5, 2020. The Tucson and Phoenix campuses of the University of Arizona College of Medicine hosted the 2020 APSA Western Regional Meeting virtually on Zoom Saturday, December 5th, 2020.

[The Shared Shelf Book Club](#) meeting on Dec 21 @ 6:30 pm to discuss the final section the of Fatal Invention and to choose the upcoming book for January. Join us by registering [HERE](#).

Coming Soon:

MLK day January 18, 2021
ODEI Quarterly Town Hall end of January
BNGAP Jan 30



Warm Regards,
Office of Diversity, Equity and Inclusion
UArizona College of Medicine – Tucson
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