

Checking In



Tooey, M.J.

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To: Hshsl-All Staff



Happy Friday!

Congratulations – we made it through our first week of telework!

I don't know about you but this week was packed. I started the week with a list of things I was going to accomplish, no sweat – however, something derailed that plan.

I just finished an update meeting with the Division Heads and based on their reports, things are going really well.

Yes, there have been a few glitches and we have learned from them.

There are a few things we are going to improve. There are a few things we need to tighten up or get clarification on. But, overall, the week was a huge success. Thank you!

Please enjoy the weekend. Next week the students will begin their virtual online classes and I can't help but think it is going to get busier (!).

We will be modifying the message on the web site to be less about closure and more about the many ways we can help our users.

Please take good care of yourselves and even though we are supposed to practice social distancing, we don't need to be socially distant. Have a conversation with a co-worker. Check in on your neighbors. Be on the lookout for good jokes and share them - we need them.

Take breaks from work every now and then (I do 50 minutes on and 10 off every hour), take a walk, turn off the screen and do something that engages another part of your brain – jigsaw puzzles, learn a new language. Here's a list of 100 ideas of things to do from USA Today:

https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/?fbclid=IwAR1wpR_qLSbl3qGN-XX73I4TKpSGzlsBF2W8IRuulHiEqT35nf2xL8I34Do

Remember to sanitize and wash your hands. Don't touch your face. Here is a link to a good article on how to disinfect and clean just about everything.

<https://www.wired.com/story/coronavirus-disinfectant-cleaning-guide/>

Keep in touch and stay well!

M.J.

M.J. Tooey, MLS, AHIP, FMLA

Associate Vice President, Academic Affairs

Executive Director, Health Sciences and Human Services Library

Director, National Network of Libraries of Medicine, Southeastern Atlantic Region

Director, National DOCLINE Coordinating Office

Health Sciences and Human Services Library

University of Maryland, Baltimore

601 West Lombard Street

Baltimore, MD 21201

410 706 7545

mjtooey@hshsl.umaryland.edu

<http://orcid.org/0000-0001-7400-9620>