

The DEI Committee meets the first Wednesday of every month via zoom

**Click here:**  
[Join Zoom Meeting](#)

Everyone from any of the ED job families are encouraged to attend the committee meetings.

**Next Meeting:**

January 6, 2020  
8:00a-9:00 am

Please RSVP if you plan to attend:

[liswil@med.umich.edu](mailto:liswil@med.umich.edu)

## Resources

**OHEI**  
(Office of Health, Equity and Inclusion)

**OIE**  
(Office of Inclusion and Equity)  
to report  
concerns of harassment

## Events

## Contact Us

If you wish to  
submitted an article or question

## DEI MISSION AND VALUES

The Department of Emergency Medicine is committed to environment for that embraces the uniqueness of all people.

\*We will provide outstanding and respectful service in all situations.

\*We will own our interactions in a positive way.

\*We will strengthen our diversity through education excellence and advancement of knowledge.



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## HOPE CLINIC FOOD DRIVE

We'd like to thank you to everyone who participated in the Hope Clinic Food Drive. Your donations will help to provide food to those in need during this difficult time.



## WORD OF THE MONTH

The DEI Committee has instituted a word of the month that will be posted here in this newsletter as well as throughout the ED. This month's word is "Gratitude". Gratitude is defined as the quality of being thankful; readiness to show appreciation for and to return kindness. Gratitude can be shown in many different ways. During this time of the pandemic, holiday season, and the craziness in everyone's life, it's especially important to show gratitude to the people around us whether it be a work to our co-workers and patients, or to our families. What kind of gratitude will you show?

*Gratitude*

## WELLNESS

Thinking about the rising cases of COVID, the stress of the holidays/finances, parenting, life, and the typical 'work' stance to "put the head down and push through." Here are a few articles for you to consider focusing your efforts on re-charging.

[Resilience Is About How You Recharge, Not How You Endure](#)  
[How hygge will help you survive lockdown](#)

## 15-MINUTE MORNING YOGA

In response to the international COVID-19 pandemic and unpredictable national social climate, OHEI now offers a 15minute morning yoga session. Yoga sessions are held via Zoom Monday through Friday, 8:45-9:00am, and are facilitated by Peggy Wright, Executive Assistant to the Associate Vice President and Associate Dean of OHEI. Yoga sessions are open to all who work, learn, and receive care at Michigan Medicine. [JOIN HERE](#)