

## SCHOOL OF MEDICINE AND PUBLIC HEALTH (SMPH) UPDATE

**JUNE 2009**

### SCHOOLWIDE ANNOUNCEMENTS

- \* Shull Named Department of Oncology Chair
- \* Holmes Appointed to the Oversight and Advisory Committee
- \* Stem Cell Standard Team Launches New Web Site
- \* SMPH Liaison Committee for Medical Education (LCME) Accreditation Update
- \* UW Fellow "Tri-ing" to Recruit Bone Marrow Donors
- \* Welcome UW Health's New Physicians
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**June 12**

- \* Campus Parking Assignments, **"Big Spin" deadline June 14**
- \* Population Health Sciences 50<sup>th</sup> Anniversary Symposium, **abstracts due August 1**
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- \* Hong Awarded Susan G. Komen Foundation Grant
- \* Jarrard to Lead Society for Basic Urologic Research (SBUR)
- \* Knoll Wins Hartwell Individual Biomedical Research Award
- \* Kryger Named Wisconsin Urological Society's (WUS) President
- \* Redmond Wins 2009 UW Regents' Award For Excellence
- \* Boissonnault Receives Two Awards
- \* Heiderscheidt Receives Wisconsin Physical Therapy Mentor Award

### HEALTH SCIENCES EVENTS

- \* Race for the Cure, **May 30**
- \* Second Annual McArdle Symposium on Cancer, **June 2**
- \* Andy North and Friends Benefit for UW Carbone Cancer Center, **June 7-8**
- \* Blood Donation Opportunity, **June 18**
- \* Cellular and Network Functions in the Spinal Cord Symposium, **June 23-26**
- \* ICTR Research Learning Series, **June 24**
- \* 4<sup>th</sup> Annual Wisconsin Academy for Rural Medicine (WARM) Symposium, **August 12**

### STANDING ENTRIES

- \* CASI Update
- \* Continuing Professional Development in Medicine/Public Health Update
- \* Ebling Library Update
- \* IME Video Library Update
- \* Wellness Options at Work

### HOW TO SUBMIT YOUR NEWS

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### SCHOOLWIDE ANNOUNCEMENTS

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### SHULL NAMED DEPARTMENT OF ONCOLOGY CHAIR

James D. Shull, PhD, has accepted an offer to become the next chair of the Department of Oncology/McArdle Laboratory for Cancer Research. His anticipated start date is September 1, 2009.

Shull completed his PhD in biochemistry at UW-Madison, followed by a post-doctoral fellowship in our Department of Oncology under the mentorship of Henry Pitot, the second chair of the McArdle Laboratory/Department of Oncology. Shull has a distinguished record of accomplishment as a scientist, teacher, mentor and administrator.

Sincere appreciation goes to Norm Drinkwater for his many years of distinguished service as chair of the Department of Oncology as well as to Mike Hoffman for his dedicated service as acting chair during the past academic year.

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**HOLMES APPOINTED TO THE OVERSIGHT AND ADVISORY COMMITTEE**

The University of Wisconsin System Board of Regents recently appointed Christine Holmes, president and CEO, Penfield Children's Center in Milwaukee, to the SMPH Oversight and Advisory Committee (OAC). The Penfield Children's Center is a non-profit organization aimed at helping infants and young children with and without disabilities reach their full potential.

Go to <http://wphf.med.wisc.edu> for more information on the OAC.

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**STEM CELL STANDARD TEAM LAUNCHES NEW WEB SITE**

The Stem Cell Standard Team launched a new Web site aimed at creating a community and resource for stem cell researchers and invite you to visit and participate in the online discussion forums and follow our blog. Please visit [www.stemcellstandard.com](http://www.stemcellstandard.com) to view comments from attendees at the 4<sup>th</sup> Annual Wisconsin Stem Cell Symposium as well as other timely news and events of importance to stem cell researchers. We look forward to hearing from you!

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**SMPH LIAISON COMMITTEE FOR MEDICAL EDUCATION (LCME) ACCREDITATION UPDATE**

The five LCME Sub-committees have concluded their reports and are in the process of presenting them to the Steering Committee. From the reports, the Steering Committee will summarize the medical education program's strengths; challenges, including potential areas of noncompliance with accreditation standards; and areas in transition. From these analyses, a final Institutional Summary Report will be written and submitted with five databases and other requested information to the LCME.

Finally, an LCME team will meet with faculty, students, chairs, course directors and administrators at the official site visit November 15-18, 2009, to review and discuss further the institutional self-study. After the visit, LCME will determine the status of the UWSMPH accreditation.

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**UW FELLOW "TRI-ING" TO RECRUIT BONE MARROW DONORS**

Trevor Dennie, a second-year, hematology-oncology fellow, will take part in an upcoming triathlon to help raise awareness for the National Marrow Donor Program (NMDP).

Dennie is seeking volunteers to sign up for the NMDP, which matches potential stem cell donors with patients needing allogeneic stem cell transplants for a variety of life-threatening illnesses. To

help publicize this cause, he will participate in the Ironman 70.3 Boise on June 13 in Boise, ID. He was inspired to help this cause by his work at UWHC, as well as several friends and family members who have faced hematologic malignancies.

More information on the NMDP is available at [www.marlow.org](http://www.marlow.org). There is a fee for joining the NMDP registry; however, a discount can be arranged by contacting Dennie at [tdennie@uwhealth.org](mailto:tdennie@uwhealth.org).

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**WELCOME UW HEALTH'S NEW PHYSICIANS**

Please join us in welcoming the following faculty physicians who recently joined UW Health. A list of the new physicians, along with links to their individual bio pages on [uwhealth.org](http://uwhealth.org) via the [Find A Doctor](#) search tool.

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**UW-MADISON CAMPUS BUS DETOURS**

A utility project behind Education Hall, scheduled for this summer, has been postponed until 2010. Two bus routes, the 80 and 85, which were scheduled to be detoured off University Ave., will return to their regular routes.

**80 BUS ROUTE**

The 80 bus has returned to its regular route along Observatory Dr. for most of the summer.

**85 BUS ROUTE**

On June 8, the 85 will return to its regular route. Now to June 8, a short-term detour from Randall Ave. to Charter St. will be in effect. That is, the 85 will travel south from Observatory Dr. on Charter St. to Dayton St. without turning right at University Ave. to stop on Randall Ave.

The 80 and 85 will both detour off Observatory Dr. to University Ave. for about two weeks starting mid-June. Please watch for updates.

Stay informed. Receive email and/or text alerts from Metro about campus bus route changes: <http://www.cityofmadison.com/metro/Rider%20Alert/RiderAlert.html>

Check how close your bus is to your bus stop via Metro's new real time tracker: <http://www.cityofmadison.com/metro/TransitTracker/TransitTracker.html>

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**NEW SMPH WEB SITE LAUNCHED**

If you have a few minutes, check out the new SMPH Web site at [www.med.wisc.edu](http://www.med.wisc.edu). In conjunction with the new UWSMPH site, [www.uwhealth.org](http://www.uwhealth.org) also received a slight remodel, most notably to the home page. Learn more, on [U-Connect](#).

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**CALLS TO ACTION**

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**EDUCATIONAL OPPORTUNITIES IN CLINICAL INVESTIGATION**, application deadline June 1

June 1, is the application deadline two educational opportunities in clinical investigation for the fall 2009 semester:

- Capstone Certificate in the Fundamentals of Clinical Research
- MS in Clinical Investigation

For more information on either program, including curriculum and application guidelines, visit the Institute for Clinical and Translational Research (ICTR) Web site, <http://www.uwictr.wisc.edu/node/26>, or contact Debora Treu, [dltreu@wisc.edu](mailto:dltreu@wisc.edu).

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**CALL FOR APPLICANTS: HEALTHY WISCONSIN LEADERSHIP INSTITUTE'S COMMUNITY TEAMS PROGRAM,**

application deadline June 12

Do you know anyone interested in the Healthy Wisconsin Leadership Institute's Community Teams Program?

The 2009-2010 application is now available. Go to <http://hwli.org/communityTeams.asp> to learn more and download the application:

Please direct any questions to [hwli@wiscmailplus.edu](mailto:hwli@wiscmailplus.edu).

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**CAMPUS PARKING ASSIGNMENTS, "Big Spin" deadline June 14**

The deadline to apply for the first round of UW parking assignments is Sunday, June 14.

Transportation Services sent out reminder notices via email and hard copy. As of May 18, more than 2,200 individuals have not yet applied for 2009-2010 campus parking.

- If you currently have campus parking and want to renew parking for next year, follow the link in the renewal notice, login with your NetID and password, and follow the steps.
- If you already have campus parking but do not remember your NetID and/or password, contact Transportation Services to obtain your 10-digit campus ID number.

Then proceed as follows:

- Call the DoIT Help Desk at 264-4357 and select option 1.
- Provide your name, 10-digit campus ID number and birth date.
- Notify the Help Desk that you do not remember your Net ID or password in order to apply for parking.
- Help Desk will give you your NetID and a temporary password (good for 30-45 days).
- Make sure you ask how to change the temporary password to a permanent one, or you will have to do this again when you go online to accept your parking assignment offer. (Notices will be sent out the week of July 17.)
- Once completed, go to [www.wisc.edu/trans](http://www.wisc.edu/trans) based on the renewal notice, login with your Net ID and password, and apply.

**OUTSTANDING PARKING TICKETS**

Individuals with outstanding campus parking tickets, will not be able to apply until the tickets are resolved.

**DISABLED PERMIT EXPIRATION DATES**

- If applying for a Disabled Permit, your State Disabled Permit expiration date cannot be 2009. Your application will not be approved.
- Before reapplying for a 2009-2010 Campus Disabled Permit, you will need to obtain a new State Disabled Permit expiration date (or new State Disabled Permit) from the Department of Transportation.

Thank you for your patience. Please contact the following individuals for additional assistance, questions or concerns:

- Health Sciences Unit Transportation Coordinator Rich Murray, HSLC Room 1355, 3-7943
- Assistant Coordinator Jimmy Krayne, WIMR Room 1450, 3-7943
- Assistant Coordinator Angela Johnson, Hospital Administration, 3-9207

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**POPULATION HEALTH SCIENCES 50<sup>TH</sup> ANNIVERSARY SYMPOSIUM, abstracts due August 1**

“Population Health Sciences in Wisconsin and Beyond: Providing Evidence for Clinical Practice and Public Health.”

WHEN: August 27-28

WHERE: Microbial Sciences Building

ABSTRACTS DUE: August 1

REGISTRATION: August 10 deadline for registration without late fees

Keynote Speakers:

- Sharokh Javaheri, MD, renowned researcher in sleep medicine
- Kay Dickersin, PhD, director, U.S. Cochrane Center, expert on using research findings to influence policy and medical practice
- Dennis Fryback, PhD, leading authority on assessing health outcomes

For more information, visit the symposium Web site, <http://pophealth.wisc.edu/PopHealth50>, or email [pophealth50@doll.pophealth.wisc.edu](mailto:pophealth50@doll.pophealth.wisc.edu).

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**DO YOU HAVE POLYCYSTIC OVARIAN SYNDROME (PCOS)?**

The UW is seeking non-pregnant, non-lactating, women with and without PCOS, age 18-38 years for a research study about metabolism. To be eligible for this study you must:

- Not have diabetes or a significant change in weight in the past month
- Not be currently taking medications for diabetes, depression, weight loss or hormonal birth control
- Be willing to participate in a hospital stay lasting approximately 26 hours.

Office visits and medical evaluations will be provided at no cost. Participants will receive compensation for their time.

For more information about this study please call (608) 262-9745.

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**FACULTY AND STAFF ACCOMPLISHMENTS**

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**HONG AWARDED SUSAN G. KOMEN FOUNDATION GRANT**

Hao Hong, research associate in Radiology Assistant Professor Weibo Cai's laboratory, was awarded a Susan G. Komen Post-doctoral Fellowship, which provides \$120,000 of support over a two-year period.

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**JARRARD TO LEAD SOCIETY FOR BASIC UROLOGIC RESEARCH (SBUR)**

David Jarrard, MD, professor, urology, has been elected president of the Society for Basic Urologic Research. The society facilitates discussion, collaborative investigations, and education on basic scientific topics and scientific advancements related to urology, emphasizing interchange of expertise among clinical and basic scientists. Jarrard is only the third physician to lead the society in its 23-year history.

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**KNOLL WINS HARTWELL INDIVIDUAL BIOMEDICAL RESEARCH AWARD**

Laura J. Knoll, PhD, associate professor, Department of Medical Microbiology and Immunology, SMPH, was named one of 12 winners of the 2008 Hartwell Individual Biomedical Research Awards. Knoll was chosen for her work on "Using a Mutant Microbe to Help Us Understand the Relationship Between Inflammation and Obesity." The Hartwell Award offers support to each selected investigator for three years at \$100,000 per year.

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**KRYGER NAMED WISCONSIN UROLOGICAL SOCIETY'S (WUS) PRESIDENT**

John Kryger, MD, assistant professor, urology, recently began serving a one-year term as president of the Wisconsin Urological Society. In 1926, the society's first president was Dr. Ira Sisk of UW-Madison. The 135-member organization works to promote the urologic health of Wisconsin residents by uniting the urologic health practitioners of the state and creating a scholarly forum for both private sector and academic urologists to discuss innovative techniques, research, practice management and political developments.

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**REDMOND WINS 2009 UW REGENTS' AWARD FOR EXCELLENCE**

Lezli Redmond, MPH, UW-CTRI Assistant Director for Intervention Programs, will receive a 2009 UW Regents Award for Excellence. Redmond, who has worked for the SMPH for the past 17 years, will receive her award at a June 5 Regents meeting, along with \$5,000 to support her professional development.

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**BOISSONNAULT RECEIVES TWO AWARDS**

Bill Boissonnault, PT, PhD received two awards—the 2008 Journal of Orthopedic and Sports Physical Therapy George Davies-James Gould Excellence in Clinical Inquiry Award for contributions to the literature, and the 2008 John McM. Mennell Service Award from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) for contributions to the advancement of orthopaedic manual physical therapy.

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**HEIDERSCHIEDT RECEIVES WISCONSIN PHYSICAL THERAPY MENTOR AWARD**

Bryan Heiderscheidt PT, PhD received the Wisconsin Physical Therapy Mentor Award that recognized individuals who have influenced and nurtured the development of Physical Therapists and/or Physical Therapy Assistants in an outstanding or unique manner.

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**HEALTH SCIENCES EVENTS**

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**RACE FOR THE CURE - CANCER CENTER TEAM, May 30**

The UW Carbone Cancer Center is forming a team for the 12th Annual Madison Race for the Cure.

WHEN: Saturday, May 30

WHERE: Willow Island, Alliant Energy Center

**Two ways to register:**

- Paper Registration Forms. Registration deadline: May 13
  - \* Registration forms are available in room K4/658 CSC.
  - \* Return your signed form and check to K4/658 (mail code: 6164), attn: Jennifer Hust.
- Online Team Registration. Registration deadline: May 18
  - \* Register online at [www.madisonraceforthecure.com](http://www.madisonraceforthecure.com).
  - \* Click on the REGISTER tab.
  - \* Under "3 Ways to Register," click on the "register for an existing team" link.
  - \* Choose team "UW Health-Carbone Cancer Center."
  - \* Click on the team to join and proceed through the next steps to enter your personal information.

Anyone is welcome to be a part of the team so gather your family and friends now for this run/walk. It's simple. No more excuses! It only takes a few minutes and you too can get involved in the fight against breast cancer.

If you have questions, contact Jennifer Hust, [jlhust@uwcarbone.wisc.edu](mailto:jlhust@uwcarbone.wisc.edu) or (608) 263-0160.

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**SECOND ANNUAL MCARDLE SYMPOSIUM ON CANCER, June 2**

WHEN: June 2

WHERE: Memorial Union Theater

A wide range of fundamental and clinical topics in cancer will be addressed by a group of outstanding speakers including two Nobel prize winners:

- Harold Varmus, president, Memorial Sloan-Kettering Cancer Center, 1989 Nobel Prize for the cellular origin of retroviral oncogenes
- Harald zur Hausen, German Cancer Research Foundation, 2008 Nobel Prize for the role of human papillomaviruses in cervical cancer

The symposium will conclude with a dinner and evening program at the UW Memorial Union Great Hall to honor the late McArdle Nobel Laureate Howard Temin during the 75th anniversary year of his birth.

For more information, go to <http://www.mcardle.wisc.edu/symposium/index.html>.

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**ANDY NORTH AND FRIENDS BENEFIT FOR UW CARBONE CANCER CENTER, June 7-8**

Andy North, two-time U.S. Open Champion and World Golf Hall of Famer, Tom Watson, together with Green Bay Packers Quarterback Aaron Rodgers are hosting a special weekend of events (June 6-8) in Wisconsin Dells to benefit the UW Carbone Cancer Center.

A Unique Golf Experience — Monday, June 8

Golf with all three celebrities at Trappers Turn in Wisconsin Dells. Packages: Weekend Get-Away (\$2,000 per person) or Golf Only (\$1,000).

Andy North and Friends Dinner Party — Sunday, June 7

Join Andy, Tom and Aaron the night before for a dinner party at Kalahari Resort, includes music from Joe Scalissi and the Dry Martinis. Dinner only is \$125 per person or \$1,000 (for a table of 8). Dinner and a one-night stay at the Kalahari are available for \$350/couple.

To learn more, visit [www.andynorthandfriends.com](http://www.andynorthandfriends.com).

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**BLOOD DONATION OPPORTUNITY**

WHEN: June 18, 7 am-5 pm  
WHERE: CSC, G5/152

Schedule an appointment at Red Cross at 1-800 GIVE LIFE or [www.givebloodgivelife.org](http://www.givebloodgivelife.org)  
Coordinator: Keith Hoerth 263-8367

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**CELLULAR AND NETWORK FUNCTIONS IN THE SPINAL CORD SYMPOSIUM**, June 23-26

WHEN: June 23-26  
WHERE: UW-Madison

The Symposium will feature more than 30 speakers and will focus on cellular and synaptic mechanisms associated with locomotion and pain in the functional and dysfunctional spinal cord. The meeting format provides ample opportunities for informal interactions among faculty, postdocs and students.

Online registration: <http://conferencing.uwex.edu/conferences/spinalconference2009/>.  
For more information, please contact [spinalcordsymposium@ecc.uwex.edu](mailto:spinalcordsymposium@ecc.uwex.edu)

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**ICTR RESEARCH LEARNING SERIES**, June 24

**“Cardioregenerative Medicine: A Long but Promising Road”**

Timothy J. Kamp, MD, PhD, professor of medicine and physiology, SMPH; co-director, UW Stem Cell & Regenerative Medicine Center

WHEN: Wednesday, June 24, noon  
WHERE: HSLC 1345

Kamp will report on the potential of stem cell-based therapies in cardiovascular diseases.

CEU credits are available. In addition, the series will be available online at the Ebling Library Web site <http://videos.med.wisc.edu/>.

This monthly series offers both scientific and practical research topics. The presentations are open to all, but are especially aimed at research coordinators, new and/or young investigators, research scholars, and health professional and graduate students.

Attendees are welcome to bring lunch for a “brown bag” session.

Click on UW ICTR News on the Web portal, <http://www.ictr.wisc.edu/node/23>, for updated lists of program topics and speakers for 2009. For more information, contact Laura Hogan, [lh@medicine.wisc.edu](mailto:lh@medicine.wisc.edu).

Sponsored by the Institute for Clinical and Translational Research (ICTR) Research Learning Series.

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## **4<sup>TH</sup> ANNUAL WISCONSIN ACADEMY FOR RURAL MEDICINE (WARM) SYMPOSIUM, August 12**

WHEN: Wednesday, August 12  
WHERE: HSLC

Learn more about the state of rural health care in Wisconsin, why WARM's mission is to increase the number of physicians practicing in rural Wisconsin and about the WARM admissions process.

Advisors and mentors to pre-med students and prospective students are encouraged to attend.

An agenda and registration information is available on the WARM Web site, [www.med.wisc.edu/education/md/warm](http://www.med.wisc.edu/education/md/warm).

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## **STANDING ENTRIES**

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### **THE SMPH COMMITTEE ON ACADEMIC STAFF ISSUES (CASI) UPDATE**

#### **New Web site**

The SMPH Committee on Academic Staff Issues (CASI) has a new informative Web site: <http://casi.med.wisc.edu/>. Find out about CASI events and issues important to academic staff.

The Committee on Academic Staff Issues (CASI) is the only committee in the SMPH to deal exclusively with issues of concern to the school's large number of academic staff. CASI membership, comprising both elected and appointed positions, is structured to reflect the major groupings of academic staff: research, instruction, clinical, administration, information technology and other areas. The CASI advises the dean on the formulation and review of all policies and procedures concerning the school's academic staff members, including personnel policies and procedures.

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### **CONTINUING PROFESSIONAL DEVELOPMENT IN MEDICINE AND PUBLIC HEALTH UPDATE**

Information about online offerings and conferences is available on the SMPH Office of Continuing Professional Development in Medicine and Public Health Web site at <http://www.ocpd.wisc.edu/>.

#### **Course Catalog and Online Courses**

- Course catalog for live CME activities: [http://www.ocpd.wisc.edu/course\\_catalog/](http://www.ocpd.wisc.edu/course_catalog/)
- Online CME courses: <http://cme.uwisc.org/index.pl?iid=1&op=index>

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## **EBLING LIBRARY NEWS**

**Study Hall closed for Summer Break**

There will be no study hall hours at the Ebling from Saturday, May 16, until classes resume in September. Please plan your study time/places accordingly.

**Drop-In Workshops**

No need for a reservation! Come on in and learn fabulous, useful ways of employing Endnote and Refworks to manage your voluminous citations!!

**EndNote X2**

Room 2121 HSLC, Noon-1 pm

EndNote, a citation management database, is designed to help you import (from journal databases, etc.) collect, organize, and save bibliographic citations/references, and to insert citations directly into research papers using any one of hundreds of style formats.

**RefWorks**

Room 2121 HSLC, Noon-1 pm

RefWorks, a web-based citation management database, is designed to help you import (from journal databases, etc.) collect, organize, and save bibliographic citations/references, and to insert citations directly into research papers using any one of hundreds of style formats.

**Art at its Finest**

"Pieces of Me," an exhibition of paper collage and watercolors by Yan Xu, will be on display now through June 18, in the Ebling's 3rd floor Gallery. These colorful, ethereal originals feature women, cranes, fish and birds. The hand-framed works are affordable, and the perfect addition to one's home, office, or departmental waiting room.

<http://ebling.library.wisc.edu/artatebling/index.cfm>

Look forward to the "Cats of Istanbul"- a wonderful installation featuring photographs from Turkey, and acrylics and watercolors with felines as the main subject. Teri Parris Ford, a Madison Memorial High School art teacher will feature her work in the Ebling 3rd floor Galleries from June 30 through August 20.

Meet the Artist at an Opening Reception

WHEN: Thursday, July 2, 4-6 pm

WHERE: Ebling's Historical Reading Room and Gallery

To purchase artwork or with any other art requests, contact Micaela Sullivan-Fowler.

[msullivan@library.wisc.edu](mailto:msullivan@library.wisc.edu) or (608) 262-2402

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**IME VIDEO LIBRARY UPDATE**

Great talks added to the IME Video Library, <http://videos.med.wisc.edu>. Contact Michelle Ostmo at [ostmoe@wisc.edu](mailto:ostmoe@wisc.edu) or 263-3615 with any questions or comments.

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**EMPLOYEE WELLNESS: WELLNESS OPTIONS AT WORK**

All UW Health employees are invited to participate in the enterprise-wide Wellness Program, Wellness Options at Work. For a complete list of programs and information, go to <http://uconnect.wisc.edu/wellness>. (U-Connect is accessible from UW Health networked computers.)

UPCOMING PROGRAMS, ACTIVITIES and EDUCATIONAL RESOURCES

[Click here](#) for additional wellness resources, which are available on the Wellness Options at Work page on U-Connect.

#### SMALL STEPS TO A HEALTHIER YOU, July 4-September 7

This summer, make small improvements to your daily routine by participating in the Small Steps to a Healthier You program. All participants will receive a checklist of small steps. Throughout the summer, work at your own pace to accomplish items on the Small Steps checklist. You will repeat many of the steps so you begin to regularly integrate the positive habits into your lifestyle. Participants who complete the designated number of activities or tasks will win prizes. Visit <https://uconnect.wisc.edu/wellness> for more information.

Register for the free program:

Call 890-8564

Email: [employeewellness@uwhealth.org](mailto:employeewellness@uwhealth.org)

#### [COMPLIMENTARY FITNESS EVALUATION FOR UW HEALTH EMPLOYEES](#)

Learn more about your overall fitness and health with a complimentary fitness evaluation from UW Health's Sports Medicine Fitness Center. With a complimentary fitness evaluation, you can obtain your personal state-of-health, including:

- medical history/risk factor analysis and exercise history
- resting blood pressure and heart rate
- sub maximal endurance assessment
- body composition analysis and flexibility assessment
- exercise prescription and consultation with an exercise specialist
- one month unlimited use of the UW Health Sports Medicine Fitness Center
- 20 percent discount on membership and class fees.

Prerequisite: Have your primary care physician complete and sign a [Sports Medicine Fitness Center Physician's Authorization Form](#), available at [uconnect.wisc.edu/wellness](http://uconnect.wisc.edu/wellness) or at 890-8561.

Mail, fax or deliver the completed PA form to UW Health Sports Medicine Fitness Center. The Fitness Center staff will then call you to schedule an appointment.

#### [BIKE TO WORK WEEK](#)

June 7-12, is Bike to Work Week. People are choosing to ride their bikes to work. By making the decision to burn calories instead of gasoline, you're joining one of the fastest-growing movements in the country. Whether you are a first-time commuter or an experienced road warrior, the time for bicycling to work has never been better. Visit: [www.bfw.org](http://www.bfw.org) for a listing of the Madison Bike to Work Week activities

#### [CYCLING CLUB](#)

The Employee Wellness Cycling Club invites all employees, families and friends to join us for rides throughout the spring, summer and fall. Rides are posted monthly. Please email us if you would like to be on the cycling club mailing list.

#### [WALK, RUN OR RIDE FOR UW HEALTH](#)

UW Health sponsors and supports numerous walks, runs and rides each year through our Community Relations program. Each event provides an opportunity for UW Health employees to be physically active while supporting a good cause.

#### [DISCOUNTS](#)

As a UW Health employee, you have access to many wellness discounts. All the discounts can be found through the Wellness Options at Work U-Connect page. Discounts include:

- [cycling](#)
- [running](#)

- [massage and complementary therapies](#)
- [fitness centers](#)

Please contact UW Health Wellness for more information about any of the programs, activities and educational resources listed above ([wellness@uwhealth.org](mailto:wellness@uwhealth.org) or 608-263-9891).

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#### **HOW TO SUBMIT YOUR NEWS**

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**SMPH Update newsletter:** Please send your news items and events to Amanda White, UW Health Marketing and Public Affairs, at [awhite3@uwhealth.org](mailto:awhite3@uwhealth.org). The deadline for the monthly issue is the 20th of each month. If you have a submission for the next SMPH Update, please send no later than Friday, June 19. The SMPH Update newsletter is distributed on the 1st of each month.

**SMPH Web site:** Please send submissions to

- Theresa Plenty, web editor, UW Health e-Health Office, at [tplenty@uwhealth.org](mailto:tplenty@uwhealth.org) or 266-6171
- Eric Klister, web editor, UW Health e-Health Office, at [eklister@uwhealth.org](mailto:eklister@uwhealth.org).

We appreciate your participation in submitting news items for future issues.

**Archived issues** of the SMPH Update can be found at <http://www.med.wisc.edu/admin/> under "Resources for Faculty and Academic Staff."

Thank you!