

## PharmTox Fights COVID-19 Week of April 20-24, 2020 Accolades

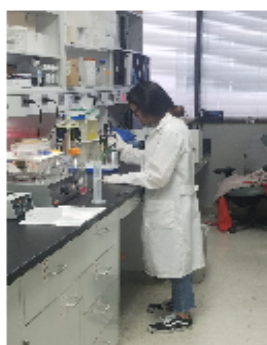
### Masks for Employees Now Required

A big thanks to Dr. Rusch, who generously purchased 60 cloth masks for the department. As of today, Dr. Paul Prather, Melinda Gunnell, Grisma KC and Pam Kahler also donated to this effort to ensure that all of our department members have masks, which were required on the UAMS campus on Friday, April 24. The department purchased masks from a non-profit organization, who hires people who have lost their jobs due to COVID-19. Funds remaining after labor and material costs are used to make masks for high-risk and disadvantaged Arkansans.

If you would like to order more cloth masks from this source, you can use the following link: [www.madinainstitute.us/donate](http://www.madinainstitute.us/donate). When you put in the amount, it will ask you for "special instructions to the seller"; please add "community mask project" and your contact information.

### Staying Productive at Home (by Melissa Clemens)

When I first started working from home, I found it hard to stay motivated with all the distractions. I soon realized that I needed a plan that would keep me both productive and happy. I am more productive in the mornings than afternoons, so I decided to keep my same morning schedule of waking at 7 am, coffee, Good Morning America, and shower. Then, I begin each day by reading and responding to emails. I found that if I tried to do too much in one day, I would get overwhelmed, so I decided to pick two things to focus on each day. For example, I may spend the morning writing a paper, then the afternoon working on a class assignment. I also set aside time each week to be outside either working in the yard or walking the neighborhood. My best advice would be to stay on your same school schedule, pick two things to focus on each day, spend some time outdoors, and stay positive.



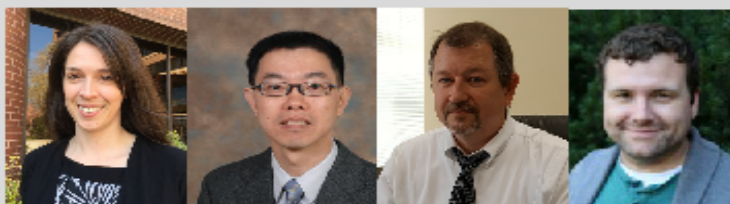
### Staying Productive at the Office (Sorena Lo)

Research technician, Sorena Lo, is a role model for staying productive during COVID-19. Lo, can be found working every day in Dr. Nirmala Parajuli's laboratory, maintaining social distancing while staying productive. Lo and Dr. Parajuli recently moved their laboratory back to the UAMS campus from Arkansas Children's Research Institute.

"We are excited to be back at UAMS. Although it's an unfortunate time right now, we are trying to stay positive and push forward. We are generating data to revise our R01 grant (score, 41<sup>st</sup> percentile), which we hope to resubmit in July. We also are working on the final piece of data for a potential research article", said Lo.

### Volunteer VIPS

Assistant professors, Lisa Brents and Neville Tam, and business manager, Fred Goad, volunteered at health screening stations during the past week. Assistant professor, Mitchell McGill volunteered last Friday in the call center doing Mobile Triage Follow-up and Employee Risk Assessment.



### Stocked and Reddie



Stocked and Reddie is looking for volunteers, and donations of food and money. You can go to their [website](http://www.stockedandreddie.org) to give online. Thanks to Dr. Lisa Brents who recently made a donation.