



Emory Wellness Wednesday  
**NEWSLETTER**  
 Volume #15  
 December 2, 2020  
[GYN/OB Wellness Webpage](#)



## SERVICE FEEDS THE SOUL

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: [The Wellness Committee](#)



## EMORY CARES

Emory Cares offers service projects all month. Mark your calendars for future service periods during MLK Week (January 18 – 22, 2021) and National Volunteer Week (April 18 – 24, 2021). Please see below:

- Click [this list](#) to filter through a variety of service projects this fall.
- Emory Cares is a year-round partner with [Hands on Atlanta](#).

## COVID Testing

- Asymptomatic [COVID testing](#) for [Faculty](#) and [Staff](#) will be done with saliva soon.
- If you have COVID symptoms call the Emory Healthcare Information and Nurses Line at (404) 71-COVID (26843)
- Additional Non-Emory testing sites can be found here: [Core Response](#), [CVS](#).

## EMORY UPDATES

Review the [Election Well-Being Toolkit](#)



Support Emory student food security by donating [here](#).

Visit the [Employee Together Fund](#) to donate or receive in times of need.

## GA VOTING DETAILS

- January 5, 2021 – US Senate run-off election
- December 7 – Deadline to register to vote if you are 18 years old by Election Day

### Vote 3 Ways

1. Absentee ballot – request [here](#)
2. Early Voting starts December 14 – locations by county are listed [here](#)
3. Election Day – precinct locations [here](#); Emory's voting policy allows 4 hours of time, but advance notice is needed.

## HOLIDAY SAFETY

- Wear a mask, wash your hands, remain outdoors and keep 6 feet apart.
- These organizations have created *very* useful holiday gathering guidelines:
  - [CDC](#)
  - [Children's Minnesota](#)
  - [John's Hopkins](#)
  - [Mayo Clinic](#)

Give to one charitable organization this season – it boosts your natural reward centers!!



## KUDOS!!!

The GYN/OB Department hosted the first all-virtual residency interview and both the students and faculty alike were extremely pleased with the experience.

Submit kudos to members of the GYN/OB Department [here](#)



FRONTLINE  
MOMENTS



HAPPY HOLIDAYS!

