**Announcements:**

### Virtual Pet Therapy Session Next Week

Want to destress, decompress and relax during this time, or simply get to know some adorable furry friends? Sign up for a Virtual Pet Therapy session with the Brigham Buddies therapy dogs on Wednesday, April 15, 12:30–1 p.m. Email the Brigham Education Institute at BWHBEI@bwh.harvard.edu to be sent a video conference link and for more information.

### BWH Postdoctoral Association Communication Survey

The BWH PDA designed a short survey so that they can assess needs within the postdoc community with respect to enhancing specific communication skills (i.e. writing, teaching/mentoring, negotiating, etc.). The survey itself is 9 questions and should take no more than a few minutes. Please contact Brittani Price or Ashley Ogawa-Wong with any questions. 

Take the survey here

### Research Faculty and Trainee Meeting: Postdocs Only

Wednesday, April 29, 12:30 - 1:30pm, Zoom Meeting

These meetings provide opportunities for investigators from across BWH departments to meet with the BRI Executive Committee and provide feedback directly. Please sign up to attend the appropriate lunch based on your rank.

Register here

View all meetings based on rank here

### Building a Successful C/T Research Career: A Webinar Series on Leadership, Communications, and Mentoring

Session dates run from April - May, 2020

This is a Harvard Catalyst weekly webinar series for researchers looking to develop their leadership, communication, and mentorship skills.

Learn more and register here

Additionally, Harvard Catalyst is offering five online courses in Clinical & Translational Research.

Learn more and register here

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**Quote of the Day:**

"Dream big and dare to fail." - Norman Vaughan

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**Self Care Corner:**

- eat slowly
- accept emotions
- notice thoughts
- be curious
- pay full attention
- breathe deeply
- focus on the present
- practice gratitude
- be open-minded
- listen carefully
- do one thing at a time
- notice all 5 senses
- practice creativity
- less judgement

@worrywellbeing

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**Mental Health Minute:**

![The Emotional Benefits of Meditation](image)

- Reduces stress and anxiety
- Increases happiness and optimism
- Helps create loving, harmonious relationships
- Increases life satisfaction
- Increases resilience in hard times
- Produces a deep state of peace and wellbeing
Chocolate Cake with Buttercream Frosting from Kanupriya

Ingredients –
- 1 cup all-purpose flour
- 1 cup sugar
- ½ cup unsweetened cocoa powder
- 1 teaspoons baking powder
- 3/4 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon espresso powder

homemade or store-bought
- 1/2 cup milk buttermilk
(can use almond, or coconut milk with a squeeze of lemon)
- 1/4 cup canola oil (can use vegetable oil or melted butter)
- 2 medium eggs (room temperature)
- 1 teaspoon vanilla extract
- 1/2 cup boiling water
Instructions
1. Preheat oven to 350° F. Prepare one 9-inch cake pan by spraying with baking spray or buttering and lightly flouring.
2. Whisk the egg and sugar in a bowl until fluffy.
3. Add flour, cocoa, baking powder, baking soda, salt and espresso powder to a separate bowl. Sift through a sieve and mix in small batches to the sugar and egg mix. until combined well.
4. Add milk, vegetable oil, and vanilla to flour mixture and mix together until well combined.
5. Carefully add boiling water to the cake batter until well combined.
6. Distribute cake batter evenly in the prepared cake pans.
7. Bake for 30-35 minutes, until a toothpick or cake tester inserted in the center of the chocolate cake comes out clean.
8. Remove from the oven and allow to cool for about 10 minutes, remove from the pan and cool completely.
9. Frost cake with Chocolate Buttercream Frosting. (optional)

Chocolate Buttercream Frosting
Ingredients
- 2 unsalted butter sticks, softened
- 1/2 cup unsweetened cocoa (add more if you prefer more chocolate flavor)
- 4 cups confectioner’s sugar
- 1/2 cup milk
- 2 teaspoons vanilla extract
- 1/2 teaspoon espresso powder

Instructions
1. Add cocoa to a large bowl. Whisk through to remove any lumps.
2. Cream together butter and cocoa powder until well-combined.
3. Add sugar and milk to cocoa mixture by adding 1 cup of sugar followed by about a tablespoon of milk. Repeat until all sugar and milk have been added.
4. Add vanilla extract and espresso powder and combine well. Take care not to over whisk the cream.
5. If frosting appears too dry, add more milk, a tablespoon at a time until it reaches the right consistency. If it appears to wet and does not hold its form, add more confectioner’s sugar, a tablespoon at a time until it reaches the right consistency.

Tips:
1. Use espresso to elevate the flavors.
2. Use buttermilk instead of regular milk. (you can make buttermilk at home. Just add 1 tablespoon of lemon juice/ vinegar to 1 cup of milk (or milk alternative). Mix well and leave it for 5 mins.) The slight acidity of buttermilk keeps the cake moist and adds a pleasing, subtle tang to cakes. The acid also adds a soft, rich, creamy quality to the cake.

Photo of the Day: