

The Kuchroo Times**Announcements:*****Expanded Mental Health and Well-being Resources***

New resources have been added to the [mental health and well-being](#) section of Partners Pulse, including expanded resiliency trainings for clinical staff, webinars from McLean and more.

- **Resiliency Groups:** The Benson Henry Institute has expanded their support groups to include social workers, techs and translators. These virtual, one-hour sessions help build resiliency skills for patient-facing staff members. [Learn more and sign up here.](#)
- **McLean Mental Health Webinars:** Join us for [this free webinar series](#) offered by McLean experts to help you feel mentally-balanced and safe during these difficult times. Topics include clinician burnout, family support, teen health, sleep and much more. You can also watch previously aired webinars on-demand.
- **Smartphone Apps:** The clinically vetted apps [Headspace](#) and [Evermind](#) are available to all Partners employees during the COVID-19 crisis. Learn more about these and other virtual resources on our [self-service apps](#) page.

Governor Baker Mandates Face Masks or Coverings

Yesterday, Governor Baker issued an order that will require everyone in Massachusetts to wear a face covering in public – including in businesses, outdoors or on public transportation – if they're unable to socially distance themselves from other people. The order goes into effect Wednesday, May 6 and is consistent with our system's universal mask policy that was expanded earlier this month to include employees working at any of our locations including clinical, administrative and research locations. Learn more about the [Governor's mandate](#) or [our universal mask policy](#).

Wage Security Extended through June 30

The numbers of COVID-19 cases reported each day seem to be heading in the right direction, but we are still very much in a pandemic. We must continue to take steps to prevent the transmission of disease, and this includes focusing our resources on fighting COVID-19. While we are beginning to plan for what life will look like post-COVID, it is clear not everyone's regular work will resume right away.

To assist those impacted, we have renewed our commitment to provide wage security for our employees through June 30.

We hope this will alleviate the worry of those whose jobs have been affected during the COVID-19 response. Whenever possible, we will do this through reassignment. I want to thank the hundreds of individuals system-wide who have temporarily embraced new roles within our hospitals, supporting patient care and other necessary operations.

Remote Work Extended Through June 30

Our Infection Control experts continue to encourage social distancing, and for that reason, we will extend remote work through June 30 for those whose jobs can be done from home. As we begin to resume patient care and services that have been deferred, some employees may be asked to return to work before this date. Plans are being developed now and we will provide more information as it is available. We look forward to welcoming everyone back onsite once it is safe to do so.

If you are working remotely, we encourage you to check out the [Remote Work Toolkit](#) on Pulse, and if you are at home with your children, the [Home Learning Resource Guide for Children](#). If your children are out of school and you are concerned about child care, we encourage you to take advantage of the [Child Care Resources](#) we have arranged to help you through this period.

Additional Support

To see a complete list of the programs and resources available to you during this COVID-19 crisis – including benefit plan enhancements, mental health resources and overnight accommodations – please visit [Ask myHR](#).

Our fight against COVID-19 is far from over, but we are resilient and strong. You and your colleagues have repeatedly demonstrated why our patients and their families look to us for excellence and compassion. We are here for you as we press on together.

Quote of the Day:

"The battles that count aren't the ones for gold medals. The struggles within yourself – the invisible battles inside all of us – that's where it's at."

– Jesse Owens

Self Care Corner:

Mental Health Minute:

Self-Care Tip

Daily self-care checklist

- Morning meditation 
- Journalled my thoughts 
- Took my vitamins 
- Tidied up my living space 
- Moved my body 

@myselflovesupply

When you hear yourself saying "I should..."

STOP and THINK.

Is that your belief?
Or is it someone else's?

mellow doodles

Workout:

Meme Mayhem:

CHEETAH

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minute

 20 high knees	 10 climbers	 4 plank-into-lunges
 20 high knees	 10 climbers	 4 climber taps
 20 high knees	 10 climbers	 4 jump squats

JORGE CHAN © 2017

WWW.PHDCOMICS.COM

Beer duck submitted by Ruihan**Ingredients:**

- Duck
- Ginger, green onion, garlic seeds, star anise, cinnamon, bay leaves, Zanthoxylum bungeanum, dried pepper, cilantro;
- Konjac tofu (or use bean sprouts, cucumber, potatoes and other sides).
-
- Seasoning: Douban sauce, oyster sauce, soy sauce, cooking wine, beer (1:1 dilution with water), salt, MSG, chicken essence.

**Methods:**

1. After chopping the duck into pieces, marinate with ginger, green onion, a little beer and cooking wine, oyster sauce, MSG, salt, and soy sauce for ten minutes.
2. cut the konjac tofu into 2 cm slices and set aside.
3. Pour the duck meat into a pan with oil and fry until duck meat turn golden.
4. Put konjac tofu into the boiling water and take out after 1-2 min. Add salt, monosodium glutamate, and soy sauce.
5. Add oil into a wok, fry with watercress sauce, dried chili, oyster sauce, saute, add spices, star anise, cinnamon leaves, onion, ginger and garlic.
6. Add duck meat and stir fry. After sautéing, add beer and equal amount of water. Pour the contents of the pot into the pressure cooker for 5 minutes.
7. Pour sesame oil into the pot together with scallions, into the original soup, add konjac tofu. Continuously to boil to remove the base, pick out the spices and debris (be sure to do this step).

Go Podcast Yourself:

Dr. Gameshow: The family-friendly podcast where people send in games and we play them with comedian guests & callers. Hosted by Jo Firestone & Manolo Moreno.

<https://maximumfun.org/podcasts/dr-gameshow/>

Book of the Week:

Yochai: "My favorite book is probably "Galapagos" by Kurt Vonnegut. Read it 15 years ago and it completely altered everything I ever knew about literature."

Galápagos is the story of a small band of mismatched humans who are shipwrecked on the fictional island of Santa Rosalia in the Galápagos Islands after a global financial crisis cripples the world's economy. Shortly thereafter, a disease renders all humans on Earth infertile, with the exception of the people on Santa Rosalia, making them the last specimens of humankind. Over the next million years, their descendants, the only fertile humans left on the planet, eventually evolve into a furry species resembling sea lions.

TV Guide:

12 great movies about moms, from the heartwarming to the truly bizarre

<https://www.vox.com/culture/2020/5/8/21250717/mothers-day-movies-streaming>

Photo of the Day:



Birthday party on the HBTM patio
Summer 2017 or 2018

Submitted by Ruihan