

The Kuchroo Times

**Announcements:**

Dear Colleagues:

As anticipated, Governor Baker held a press briefing yesterday to detail his plans for reopening the state and provided guidance for hospitals and health care providers. We have provided a summary below. Other information in today’s message includes:

- A blueprint from system Infection Control leaders on how we will work together as we bring back deferred care and procedures
- An update on the Boston Resiliency Fund
- A one-of-a-kind mural donated to North Shore Medical Center
- The latest COVID-19 testing criteria

**Governor Baker Outlines Reopening Plan for Massachusetts**

As of May 18, the Commonwealth is issuing new guidelines to hospitals and health care providers. The state’s [four-phase reopening plan](#) allows for some non-emergency procedures or deferred care that may now need attention.

- In the first phase, which began yesterday, hospitals and community health centers can provide high priority preventative care, pediatric care and treatment for high risk patients and conditions.
  - Other health care providers can begin providing the same services beginning May 25.
- In the second phase, which could be as soon as three weeks from now, providers can begin more routine, in-person care.

Learn more about the specific details for hospitals and health care providers on [mass.gov](#). Read a broad overview of the four-phase plan in this [slide deck](#), which was outlined at the press briefing.

**Infection Control Blueprint**

As recovery plans are implemented and staff are asked to return to the workplace, we need to continue take measures to keep them safe and prevent the spread of the virus. To support your planning, Infection Control has created a comprehensive [Blueprint for Infection Control After the COVID-19 Surge](#). The blueprint outlines the Infection Control requirements developed to keep our patients and employees safe. Please review this blueprint and incorporate its principles as you plan for recovery.

**Self Care Corner:**

# 6 BIGGEST SIGNS OF DEHYDRATION

The infographic lists six signs of dehydration with corresponding icons:
 

- Tiredness:** Icon of a person slumped over.
- Confusion:** Icon of a person with a question mark above their head.
- Dry Lips:** Icon of a pair of pink lips.
- Severe Thirst:** Icon of a glass of water.
- Dark Urine:** Icon of two yellow droplets.
- Low Energy:** Icon of a battery with a red warning sign.

**Mental Health Minute:**

The graphic compares two mindsets:
 

- BEING HARD ON YOURSELF:**
  - "I'M SO BEHIND." → "WHAT PROGRESS CAN I CELEBRATE?"
  - "I SHOULDN'T FEEL THIS WAY." → "IT'S SAFE TO FEEL MY FEELINGS."
  - "UGH... WHY CAN'T I FIGURE THIS OUT?" → "WHAT IS THIS HERE TO TEACH ME?"
  - "LIFE IS SUCH A BATTLE." → "HOW CAN I APPROACH IT LIKE AN ADVENTURE?"
- BEING SOFT WITH YOURSELF:** (Implied by the contrasting statements)

xo @heyAmberRae

**Workout:**

# Leg Day

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

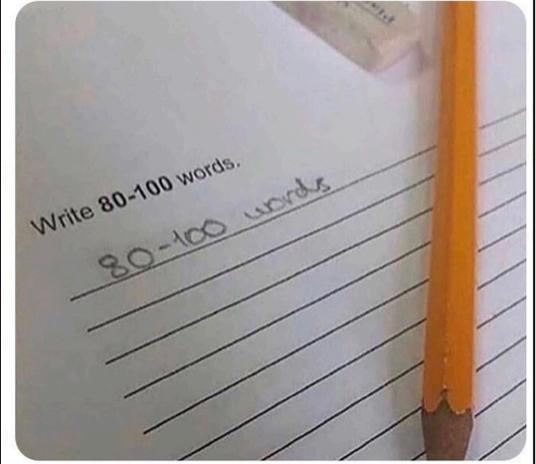
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes

20 squats      10 calf raises      20 lunges

20 side leg raises      10 side-to-side lunges      20-count wall-sit

**Meme Mayhem:**

This person deserves a scholarship



7 year old me drinking apple juice from a fancy glass



**Book of the Week:**

**Vinee:** Walter Isaacson has written some great biographies in the recent past, including Steve Jobs and Ben Franklin. Although I dislike the fact that no woman has yet been the subject of his books, I love reading some of his works. One of my favorites is, *The Innovators: How a Group of Hackers, Geniuses, and Geeks Created the Digital Revolution*. This is, perhaps, because it starts and ends with Ada Lovelace, the creative mathematician daughter of Lord Byron and Anne Byron, a mathematician and 'princess of parallelograms' as Byron called her. Ada's idea of poetical science strikes a chord with me. This merger of creative imagination and poetry with science (mathematics) helped her imagine that 'calculating engines' would one day create music **as they do today.**

This book is a beautiful summary of the history of computer science and digital revolution starting from the initial efforts of Lady Lovelace and Charles Babbage to Alan Turing to the age of personal computers, internet and recently artificial intelligence. Stories like the challenging relationship of the Brattain, Bardeen and Shockley at Bell Labs and the nasty legal battle between John Atanasoff (JA, from Iowa state university) and John Mauchly (JM, the father of ENIAC, who stole JA's unpatented design) tell how the process of innovation can have rough edges but the outcome is still beautiful.

Most importantly, the book emphasizes how innovation is never a work of one person. Progress, as Isaacson aptly points out, comes in small leaps. 'It is the work of diverse talents rather than imaginative leaps of a few geniuses', Isaacson says. 'The key to innovation in the digital age in general was realizing that there is no conflict between nurturing individual geniuses and promoting collaborative teamwork'. This book narrates the stories of digital age pioneers, hackers and inventors by giving us a peek into their lives, personalities and psyche. How their individual creativity and quirks helped them come up with innovative ideas. And, how in spite of their differences through collaborative efforts they all gave birth to the digital age.

**TV Guide:**

[How Hollywood Works From Home: Stay Tuned As TV Shows Get Creative](#)

**Go Podcast Yourself:**

[Myths and Legends Podcast](#)

This show brings you folklore that has shaped our world. Some are incredibly popular stories you think you know, but with surprising origins. Others are stories that might be new to you, but are definitely worth a listen.

**Photo of the Day:**



Poker game!

Submitted by Lloyd