FYI - Winter is coming! The UVM Safety and Security Tips page has been updated with an entire section of resources for winter safety; check it out!

Please view the full version of the Weekly Wire for information that is specific to each class:

- CLASS OF 2024 NEWS
- CLASS OF 2025 NEWS
- CLASS OF 2026 NEWS
- CLASS OF 2027 NEWS
AWARD OPPORTUNITY - AOA
Pharos Student Poetry Contest:
Tuesday, November 7th submission deadline.

AWARD OPPORTUNITY - Helen H. Glaser Student Essay Award-
12/05 submission deadline.

AWARD OPPORTUNITY - AOA
Medical Student Service Leadership Project Award-
01/24 application deadline.

Housing Opportunity for Medical Students- February and March 2024

AOA Robert J. Glaser Distinguished Teacher Award- 04/05/24 nomination deadline.

Student Emergency Fund - Meezan-Brittenback Student Emergency Fund, ongoing.

Donation Drive for Migrant Families

Join GSA's New Book Club!

SNMA RMEC FOOD AND WELLNESS DRIVE
November 10th and 11th

THE LCOM STUDENT NATIONAL MEDICAL ASSOCIATION IS HOSTING A REGIONAL MEDICAL EDUCATION CONFERENCE AT UVM LCOM AND ARE COLLECTING DONATIONS FOR THE BOYS AND GIRLS CLUB OF BURLINGTON. ITEMS THAT ARE BEING REQUESTED INCLUDE: CANNED FRUIT AND VEGETABLES • PEANUT BUTTER • DRY MACARONI • BOXED STUFFING • GRANOLA BARS • INSTANT MASHED POTATOES • CRANBERRY SAUCE • TOOTHBRUSHES • LAUNDRY DETERGENT • DEODORANT • BODY WASH • TOOTHPASTE • PADS • TAMpons. If you have any questions, please feel free to reach out to Ian Minearo or Region7Community@SNMA.org.
Wellness Committee Fall Mental Health Panel- Monday 11/6/2023, 12:00-1:00PM.

Fall 2023 Careers in Medicine Specialty Panel Series- Rad/Onc- Tuesday, November 7th, 12:00-12:50 PM.

Monthly Student Education Committee (SEC) Meeting- Tuesday, November 7th, 5:30-7:30 PM

Fall 2023 Careers in Medicine Specialty Panel Series- Lifestyle Medicine- Thursday, November 9th, 12:00-12:50 PM

National Institutes of Health (NIH) Medical Research Scholars Program (MRSP) accepting applications- virtual informational webinar Thursday, November 9th at 1 pm ET.

Random Chats about Data Workshops- Using Syntax for Data Analysis, Friday, November 10th, 8:30-9:30AM

Intro to Therapy- Friday, November 10th, 12PM-1PM

RMEC 2023: Uplifting Voices: Celebrating Diversity in Medicine- Friday, November 10th and Saturday, November 11th

Campus Rec Mini Triathlon- Saturday, November 11th, 11AM-3PM

Random Chats about Data Workshops- Data Visualization, November 14th, 11:30AM-12:30PM.
Coffee/Tea/Cocoa with Dean Zehle- Friday, November 17th, 7:30-8:15AM.

Learn About the AAMC Financial Wellness Program- Friday, November 17th at 2:00PM.

Note: UVM Administrative Offices closed- November 23rd and 24th, 2023

MMI Interviewer Training- Monday, December 11th, 2023, 1-2:30PM.

Fall 2023 Careers in Medicine Specialty Panel Series- Pediatrics- Tuesday, November 14th, 12:00-12:50 PM

EdTech Student Advisory Group- Wednesday, Nov 15th 2023, 12-1:00PM

Sixth Annual StorySlamRx Storytelling Workshop with Susanne Schmidt- Wednesday, November 15th, 5:30-7:00PM.

Fall 2023 Careers in Medicine Specialty Panel Series- Psychiatry with Dr. Jeremiah Dickerson- Thursday, Nov 16th 2023, 12-12:50 PM.

EVENT SPOTLIGHT

WELLNESS COMMITTEE FALL MENTAL HEALTH PANEL
MONDAY, 11/6, 12-1 PM, MEDEd 200

Come hear from M2s, M3s, and M4s about ways to maintain wellness throughout the year. Lunch provided! Listen to students share their wellness perspectives regarding summer, step studying, clerkships and beyond! If you have questions you would like posed, please use this link to submit prior to the event.
The University has seen an increase in COVID-19 cases over the past few weeks. Please take a moment to review UVM’s COVID-19 guidelines.

UVM COVID-19 GUIDELINES

The University of Vermont is currently following recommendations from the Vermont Department of Health which can be found here. Additional University-specific guidance including contact information, where applicable, is listed below.

<table>
<thead>
<tr>
<th>TESTING REQUIREMENTS</th>
<th>MASK USE</th>
<th>IDENTIFIED AS A CLOSE CONTACT</th>
<th>SYMPTOMS</th>
<th>TESTED POSITIVE FOR COVID-19</th>
</tr>
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<tbody>
<tr>
<td>No requirement for routine testing.</td>
<td>Optional in most areas.</td>
<td>Regardless of your vaccine status, if you are a close contact, you should consider wearing a mask whenever you are around others.</td>
<td>Stay home/in your room and get tested. Do not come to work, to class, or to a UVM facility or location. Wear a mask whenever you are around others.</td>
<td>Isolate as soon as you receive your positive result.</td>
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**Students:** Schedule an appointment through the Center for Health and Wellbeing and follow the instructions under the Symptoms column.

**Employees/Affiliates:** Follow the instructions under the Symptoms column. You should contact your primary healthcare provider or visit the Vermont Department of Health for testing options.

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(1) There is different guidance for healthcare workers. If you are a student, employee or affiliate who is also a healthcare worker, contact the Center for Health and Wellbeing at 856-3350 to discuss your requirements.

(2) If you are a close contact or have tested positive, use the CDC’s Quarantine and Isolation Calculator to determine how long you need to isolate, quarantine or take other steps to prevent spreading COVID-19.

(3) Isolation is AT LEAST 5 days. It may be longer. According to the Vermont Department of Health, you can leave isolation after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medication that reduces fevers. Otherwise, remain in isolation until your symptoms have improved and you have had no fever for at least 24 hours without the use of fever reducing medication. Continue to wear a mask whenever you are around others for an additional 5 days.
New Episode of the Green Mountain Medicine Podcast

Gold Foundation - Jeffrey Silver Research Roundup - September - October 2023.

REMINDER: CHECK OUT THE FULL VERSION OF THE WEEKLY WIRE ONLINE FOR COMPLETE DETAILS ON THE NEWS, EVENTS, AND OPPORTUNITIES LISTED HERE!

DO YOU HAVE THOUGHTS OR SUGGESTIONS ON THE WEEKLY WIRE? PLEASE LET US KNOW!