

From: [Zehle, Christa H](#)
To: [Zehle, Christa H](#)
Subject: Return of the Wednesday Wonders!
Date: Wednesday, November 17, 2021 11:13:36 PM
Attachments: [image001.png](#)
[image002.png](#)

Dear Students,

It is hard to believe it is already November, yet the temperature and the leaves keep dropping. As we prepare for the shorter days and long Vermont winter ahead (it snowed yesterday!!), there is a lot to be grateful for. I am especially grateful for you, our students who are such an important part of our LCOM community, and our dedicated faculty and staff who make our medical education program possible, even with the many challenges we all have faced this past year.

I have not posted a Wednesday Wonders in a while, but apparently the Wonders have been missed... so I am excited to introduce the Class of 2025 to the Wonders and bring them back for all of you.

COVID-19: How is Vermont doing?

- Vermont COVID-19 cases are up 64% in the last 2 weeks and the trajectory is expected to continue until at least December
- Vermont had 245 new cases reported today, with a 7-day average percent positivity rate of 4.4% and 58 patients hospitalized

Our Shared Responsibility

We are grateful for high vaccination rates in Vermont and on campus, however continued transmission of the Delta variant requires us to remain vigilant and continue to follow basic prevention measures. These include:

- Get vaccinated as soon as you are eligible
- Get your [booster shot](#), and encourage high risk family members and friends to do the same
 - Booster shots offered at local pharmacies, grocery stores and clinics
- Stay home if you feel sick
- [Get tested](#) if you have any symptoms, may be a close contact, or have taken part in activities that could put you at risk, such as large gatherings or travel
- Wear a mask in indoor public settings
 - All UVM faculty, staff, students, and visitors are required to wear a mask or face covering indoors while on campus. UVM has developed helpful [information and guidance on wearing masks](#).
- Take care when getting together
 - Please avoid eating within 6 feet of others who do not live in your household
- Wash your hands regularly
- [Get your flu shot](#)
 - Flu shots available Thursday, November 18, 2021, from 9-12 and 1-3 at Living Well in the Davis Center. No appointment necessary.

Holiday testing expectations:

- [Don't Let COVID Travel With You](#) - Test Before and After Break
- [UVM Testing Center](#) additional hours:
 - Monday, November 22, 2021: 9:00 a.m. to 4:30 p.m.
 - Sunday, November 28, 2021: 1:00 p.m. to 4:00 p.m.

We recognize that some individuals may be struggling with finances and encourage students to reach out to us in the Office of Medical Education, specifically [Ryan Gates](#), our Assistant Director for Student Financial Services. However, we also wanted to provide the information below, which includes some meal options for the Thanksgiving holiday, for reference:

Resources for Rent, Food, and Utilities:

- [3SquaresVT](#): call 855-855-6181 for questions about eligibility and filling out forms
- [Champlain Valley Office of Economic Opportunity](#) (802) 862-2771: programs to assist with food, rent, and utilities
- [JUMP](#) assistance for basic needs
- [Burlington Electric Dept.](#) Energy Assistance
- [Vermont Emergency Rental Assistance Program](#)
- [State of Vermont Programs](#) for rent, food, and utilities assistance
- [Feeding Chittenden](#)
- [Rally Cats Cupboard](#)

Thanksgiving Options:

- [Sweetwaters Thanksgiving Meal](#)
- [Feeding Chittenden](#) is giving out turkeys

I wish you all a well-deserved vacation and hope that you find some time for yourself and with friends, family and loved ones. Please do not hesitate to reach out if you have any questions or if we can support you in any way. Be safe and be well.

With appreciation and gratitude,
Christa Zehle and the Office of Medical Education Team

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MEDICAL STUDENT EDUCATION OFFICE

[Drop In Sessions](#)

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Pronouns: she/her [[Why include pronouns?](#)]

RALLY TOGETHER

KEEP UVM SAFE AND HEALTHY



WASH UP



MASK UP



KEEP DISTANCE



MONITOR



The University of Vermont

LARNER COLLEGE OF MEDICINE