



Cooper Medical School of Rowan University

April 13, 2020

Dear Students, Faculty and Staff:

I hope you all had a nice weekend. As we commence with our fourth full week of sheltering in our homes -- working and learning remotely -- I wanted to take some time to discuss wellness in our community and offer some helpful resources.

Living through an unprecedented global pandemic and economic crisis are incredibly stressful for all of us. Add to that the inability to interact with friends and family, uncertainty about when or how the situation will change, and disruption of our regular routines - including fitness - and we have a "perfect storm" of issues that can wreak havoc on our health and well-being. Now, more than ever, we should be doing what we need to in order to stay healthy, both mentally and physically.

At CMSRU, in addition to using this time as an intensive study period, many of our students are investing time in remote volunteering to help those on the front lines in treating patients with COVID-19. I've heard from several students who attribute these activities with helping them maintain a positive outlook and feel a sense of purpose during this time of great uncertainty. I applaud all of the students for their efforts. [You can read more about their work here.](#)

[The Wellness Center at Rowan University](#) and [Rowan Thrive](#) are excellent on-campus resources that students can use. Visit their webpages for information on virtual events, such as fitness classes, games, contests and more. [Rowan's "Thrive to Strive" newsletter](#) offers some great information and links as well. I urge you to sign up for their newsletter via the link on "Strive to Thrive" so you can keep up-to-date on Rowan Thrive events and activities.

Last week, the CMSRU Faculty and Staff Wellness Committee met and discussed plans for employees to engage with each other on a private social media page and other initiatives. This will be a great way for employees to support each other and maintain the personal connections that help make CMSRU such a nice place to work. With our Wellness Coordinator Rose Laughlin leading the way, I'm sure there will be lots of fun remote activities to help us all get involved. An announcement about this will be forthcoming.

Following are additional links to items that you may find helpful during this challenging time:

- [Click here for information and helpful tips for coping with stress during the pandemic from the CDC.](#)
- For the music lovers in our community, follow Rowan's College of Performing Arts on [Facebook](#) or [Instagram](#) for access to pre-recorded and live performances from students, faculty and special guests.
- Our clinical partner, [Cooper University Health Care](#), has published multiple articles on [a range of topics from dealing with anxiety, to food safety, to helping children cope](#)

[with the outbreak.](#)

Pets usually make us smile and feel happier, which is what many of us need most. Students, faculty, and staff are invited to join Liz Staib from the Office of Student Affairs for **Fuzzy Friends Friday**. This and every Friday at 3 p.m. via WebEx, you can share your pet and experience other pets in the CMSRU community. You do not need a pet to be part of the WebEx, everyone is welcome. If you wish to participate, please email Liz at staib@rowan.edu for the meeting invite.

Stay well.

Sincerely,

Annette C. Reboli, M.D.

Annette C. Reboli, MD
Dean and Professor of Medicine