

Dear Faculty, Staff and Students,

For the past two years, I have closed all of our graduation ceremonies with a special message to the new graduates, our health care professionals of tomorrow. I know that many students are so excited to graduate and see the end of exams and long study hours; but there is also a sadness that can prevail as they are leaving familiar surroundings, their friends, and the comfort of being a student. Many of them are entering residencies, fellowships, moving to new locations and beginning new positions. My message is always very simple, "If you can be one thing, be kind". I use it as a reminder to all of our graduates to be kind to themselves, their family members, new and old colleagues and friends. Our graduates are often facing new, challenging circumstances and venturing into unknown territory. They are indeed entering uncharted waters.

Is that where all of us are today? We are all working under very unusual conditions, which have not occurred before in our lifetimes. There appears to be a fear of the unknown, trepidation about what's next and an uncertainty of how and when do we resume full operations? Many of you are feeling the loss of seeing your colleagues, missed special occasions with your family and friends, and are struggling with balancing work and home needs.

My reminder to all of you....be kind to yourself. And be kind to each other. Everyone is facing difficult days and we need to remind ourselves that it is the little acts of kindness that make a big difference. I have been renewed by emails, phone calls and greeting cards. I had a surprise visit from a neighbor leaving a meal on my doorstep, and I have seen our employees making cloth face masks for each other. When this crisis is over, this is what I will remember the most.

The COVID-19 Response Team met today to discuss newly identified cases, continue graduation and orientation planning while constantly looking ahead to the days when we resume normal operations.

#### Today's News:

- The most critical news of the day was that we have identified a part time employee who was on the Glendale campus last Wednesday, felt ill on Friday and was seen at our clinic to get tested by a health care provider outside the building. This employee has tested positive, but already today the individual reported feeling much better. Only one colleague was in contact with the individual and they are now both quarantined for the standard 14-day period.
- Sadly, we have a student from the Downers Grove campus who also tested positive. The student has been on rotations and not on campus.
- In my March 23, 2020 Evening Update, I announced that some of you would be working from home until April 20, 2020. Due to the recent Executive Orders, this has been moved to April 30, 2020. It is possible that in the days to come, we may receive other instructions from the State of Illinois and the State of Arizona. Until then, operations remain as they are today.

I hope as you reflect on the past four weeks you can find joy in the midst of challenges, find serenity in these days of uncertainty, and know that this season of weariness will pass, if only we remain kind to ourselves and each other.

Be well.

Dr. G.