

February 17, 2023



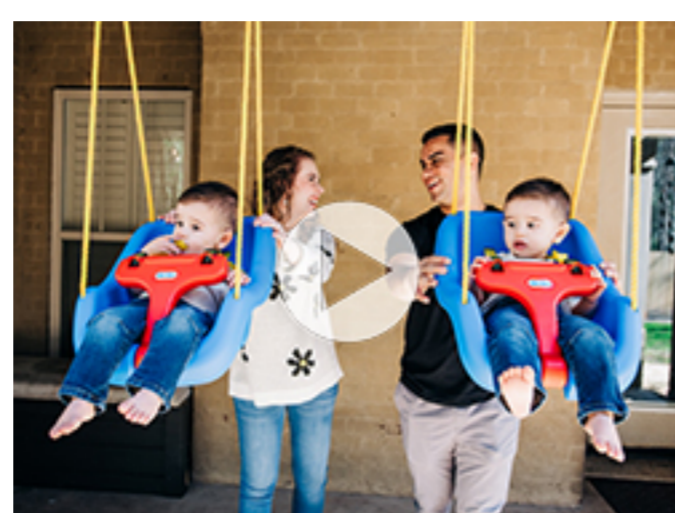
'Blessed and grateful': Longstanding UAB shop administrator reflects on life, career

Eighty-five-year-old Jerry Sewell (pictured, center), a shop administrator in the Department of Music, was recognized for his 59 years of employment and dedication to the university during halftime of UAB Men's Basketball vs. FIU Feb. 4 in Bartow Arena. "I've been here since some of the people the current buildings are named after were here," Sewell said.



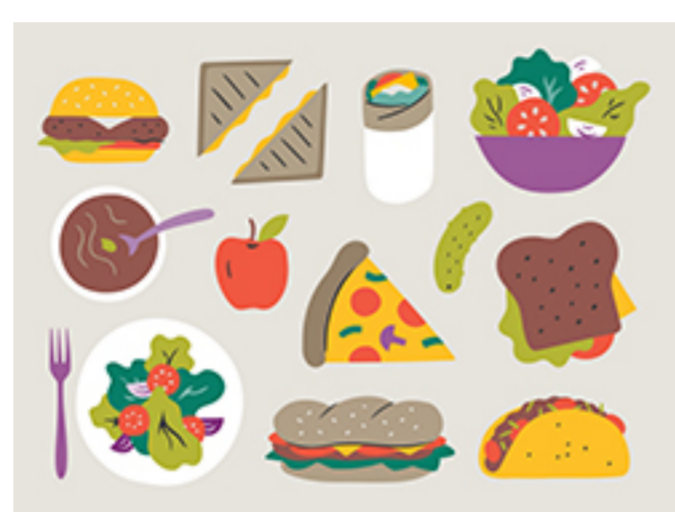
Reduce stress with this quick, self-paced office ergonomics course

Is your monitor too low or keyboard too high? Get your workspace set up right and learn the risks of cumulative trauma with UAB's online Office Ergonomics Awareness Course.



Full house: Rare set of twins delivered at UAB join twin brothers at home

Six months after giving birth to identical twins, Britney Alba found out she was pregnant with her second set of identical twins. These twins, however, were monozygotic-monoamniotic — one of the rarest types of twins.



5 tips to make your diet more heart-healthy

Experts from UAB Medicine share simple ways to maintain wholesome nutrition, a major factor in combating plaque buildup in the arteries, which can lead to heart disease. And check out a heart-healthy recipe book from UAB Medicine and the American Heart Association online.

More news online

Get campus news at uab.edu/reporter and uab.edu/news and COVID-19 updates at uab.edu/uabunited. Check the Campus Calendar for more events on campus, and submit your own. If you have news you want to share, use the Request Publicity form online.

Things to know

UAB ENGAGEMENT SURVEY

Survey closes Monday

Reminder: Complete your campus engagement survey by this Monday, Feb. 20

Monday is the final day to share your thoughts on work and life at UAB and identify strengths and opportunities for improvement in the Campus Engagement Survey. As of Feb. 15, UAB's overall response rate is only 31% — with 20% of faculty responding and 38% of staff. Complete the survey by Feb. 20 to have your voice heard, and encourage your colleagues to do the same.



Can you tell your story in six words?

Say it in 6 challenges you to tell your story — about your UAB experience, your life or your studies — using only six words and a visual aid in one of five categories: global engagement, leadership, love, persistence and social justice. Submit an entry online by Feb. 28; three winners in the faculty/staff division will get Amazon gift cards worth \$125, \$75 and \$50.



Pledge your support to the Blazer family, Birmingham community with a gift to the Benevolent Fund

Help the Benevolent Fund support the Blazer Kitchen, the Employee Emergency Assistance Program and community partners during their spring 2022 campaign, which runs through March 10. Learn more and give online.

Plan your next adventure with the National Alumni Society

Experience Christmas in London, explore Tuscany, enjoy Croatia and its islands — learn how you can access these opportunities and more during Alumni Travel Night.

🕒 5:30-7 p.m. Feb. 21
📍 Alumni House
📄 Register online

Research & learning

Do you conduct HIV-related research? You could get funding

The UAB Center for AIDS Research is awarding \$50,000 pilot grants for up to two years for early faculty conducting pilot studies in HIV research aligned with the CFAR pillars. Concept proposals are due Feb. 20; see [guidelines](#) and [other information](#).

Dr. Kirby I. Bland Festschrift
Celebrate the life's work of Kirby I. Bland, M.D., professor and chair emeritus in the Department of Surgery.

🕒 1:30 p.m. Feb. 20
📍 West Pavilion Conference Center
📄 Details online

eLearning TT: New Quizzes
Learn to use the new quizzing engine in Canvas and tips for migrating older quizzes.

🕒 11 a.m. Feb. 23
📍 virtual
📄 Register online

Metahealth Symposium
Explore virtual, augmented and mixed reality in medicine and learn how UAB is utilizing this technology in a symposium hosted in Beame, a device-agnostic telepresence for smartphones, desktops and some XR-devices.

🕒 noon Feb. 28
📍 virtual
📄 Register online

School of Dentistry Scholars Symposium
Attend a celebration of Dentistry's history and scholarly achievements of students, residents and faculty.

🕒 noon-5 p.m. March 2
📍 West Pavilion first-floor atrium
📄 Details online

Mark your calendars



Learn best practices for building a culture of wellness

Employees can learn the difference between a culture of wellness and a culture of burnout from Katina Sawyer, Ph.D., who also will share tips on how to build and sustain a wellness culture.

🕒 12:20 p.m. Feb. 24
📍 virtual
📄 Register online



Are you a musician? This free conference is for you

MUSE Conference attendees will hear from music industry professionals and participate in group discussions designed to inform and inspire. Food trucks will be on site.

🕒 March 9-10
📍 Alys Stephens Center
📄 Register online

Understanding Transformations in the Purchasing Industry
Internal UAB buyers, business officers and business officers can learn what purchasing organizations like UAB can do to help diverse businesses prepare for significant industry changes.

🕒 10 a.m. Feb. 21
📍 822 Building Training Room
📄 Register online

Campus Community Speed-Matching
Build connections with various community service organizations around Birmingham.

🕒 11 a.m. Feb. 21
📍 HSC Ballroom D
📄 Details online

Ranky Tanky feat. Lisa Fischer
Named for a Gullah phrase meaning "get funky," Ranky Tanky are lifelong friends from Charleston, South Carolina, who work to preserve the traditions originated by African Americans in the coastal South during slavery.

🕒 7 p.m. Feb. 23
📍 ASC Jemison Concert Hall
📄 Buy tickets online

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