

September 8, 2023



### How did we do? Forging the Future of Education

This semester, UAB faculty and staff will have the opportunity to provide feedback and influence UAB's next strategic plan — Forging Ahead — which will guide continued, purposeful growth for 2024-2028. As we look ahead, let's revisit the success achieved together through Forging the Future, UAB's current strategic plan. Each week this month, we will dive into a pillar of our mission and the 2018-2023 strategic plan; this week, we celebrate our shared results and positive momentum in education.



### Big-game Braylyn runs out the clock on cancer

Tim Peterson, patient care coordinator at The Kirklin Clinic, explains how his daughter became one of the young cancer survivors who will be celebrated at UAB Football's game on Sept. 16 — and the other big dates she has over the next few weeks.



### UAB adding two properties

Contracts on the campus-contiguous Daniel Building and 1715 Building are part of strategic growth "to enhance the overall experience of our students, employees and patients," said President Ray Watts.



### Got chocolate fever?

Whatever your food craving, you can find ways to escape with these 10 tips from weight-loss specialist Holly Wyatt, M.D.

### More news online

Get campus news at [uab.edu/reporter](http://uab.edu/reporter) and [uab.edu/news](http://uab.edu/news). 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



### Expert advice for a new phase of COVID

To keep our campus safe, UAB experts encourage healthy behaviors, responsible symptom management and vaccines to avoid and manage respiratory illnesses like COVID, common cold, RSV or the flu. [Read more online.](#)



### Eat free samples, meet local caterers

UAB's Small Business Inclusion office is hosting a networking event 11 a.m. to 2 p.m. Sept. 14 at the Campus Recreation Center Center Court. Stop by and taste the work of local, small and minority-owned caterers.

### Follow UAB's Drug-free Campus and Workplace Policy

Every UAB community member has a responsibility to adhere to all applicable laws, regulations and policies concerning the use of alcohol or other drugs. The Drug-Free Campus and Workplace Policy is available in its entirety in the UAB Policies and Procedures Library.

### Faculty Senate to meet Sept. 12

Agenda includes a presentation by Amy Chatham, Ph.D., director of the Center for Teaching and Learning, on the center and upcoming AI workshops for faculty, and an update from Bradley Barnes, Ph.D., vice provost for Enrollment Management, on UAB enrollment. The meeting begins at 7:30 a.m.; [join online.](#)

### September is Suicide Prevention Month



### Learn how to create safe spaces and take action

The UAB Employee Assistance and Counseling Center is offering weekly QPR Suicide Prevention Gatekeeper training sessions and a special presentation of VitalCog: Suicide Prevention in the Workplace on Sept. 21. [Find more suicide prevention resources at \[uab.edu/uabcares\]\(http://uab.edu/uabcares\).](#)

### Listen to this conversation on suicide prevention

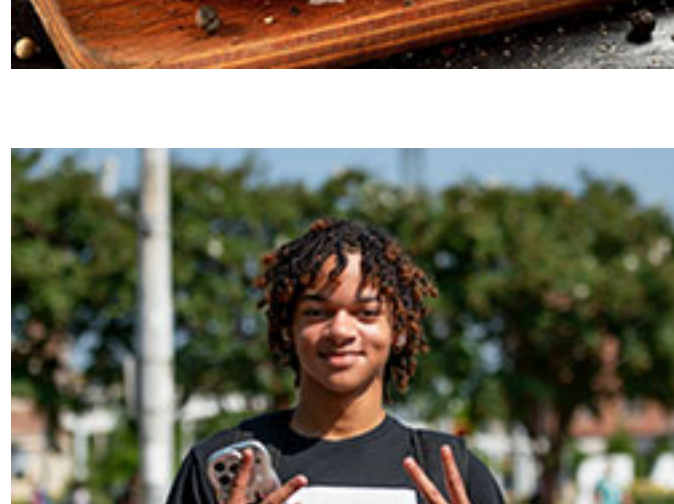
Suicide rates in Alabama are higher than the national average. Angela Sullivan, Ph.D., a program director in the School of Public Health and the board president of the Alabama Suicide Prevention and Resources Coalition, addresses misconceptions and the value of suicide prevention training in this podcast.

### Research & learning



### Red meat or chicken for Type 2 diabetes? Wrong question.

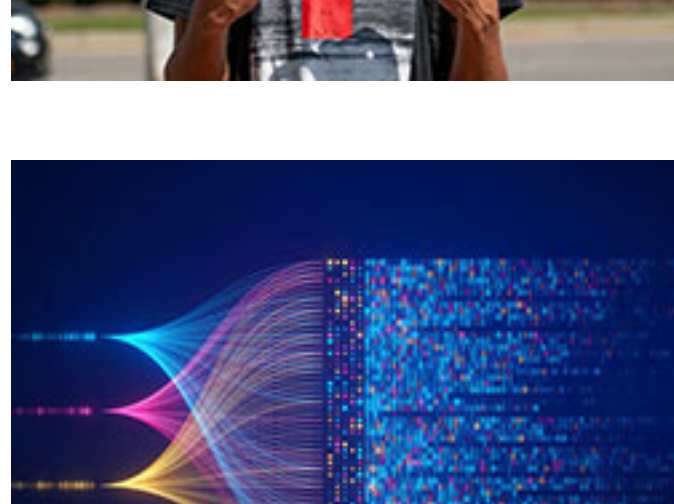
The type of protein in the diet is not as important as the overall amount of weight loss for managing Type 2 diabetes, according to a new UAB study.



### Survey says: How?

Learn to create surveys and generate reports using Qualtrics in these eLearning virtual workshops, both at 11 a.m.:

- Creating Basic Surveys, Sept. 11
- Creating Advanced Surveys Publishing to Canvas, Sept. 13



### Build, explore and question AI

- Hackathon 2023: Pioneering Patient Safety Solutions with AI/ML and Data Science, 9 a.m. Sept. 9 & 10, virtual
- Generative AI for Healthcare: Progress or Peril, 8 a.m. Sept. 12, virtual
- Exploring Tools for Faculty New to AI, 11:30 a.m. Sept. 15, LHL 411



### Learn how to better support breast cancer survivors

The trailblazing Psychosocial Oncology Training Academy equips health care professionals with specialized skills.

📍 8 a.m. Sept. 16  
📍 Community Health Services Building 207  
📅 [Register online](#)

### Exercise and Aging

The UAB Center for Exercise Medicine's annual symposium includes presentations on exercise and aging physiology, clinical exercise interventions and more.

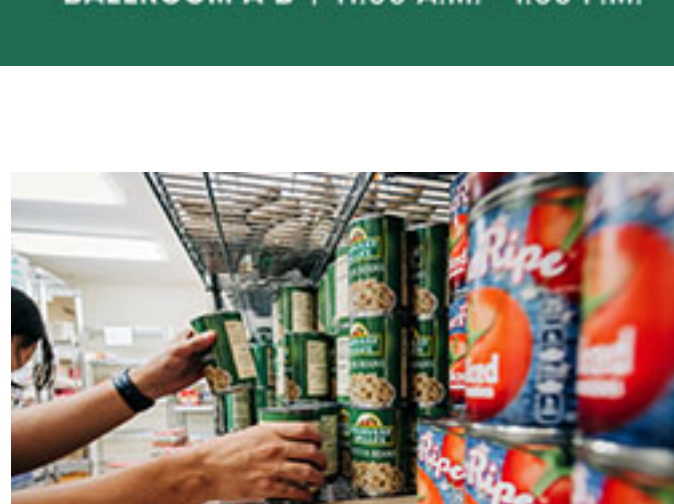
📍 Sept. 11 & 12  
📍 Alumni House  
📅 [Register online](#)

### Strategizing for Sustainability

Bambi Ingram and Nick Ciancio from UAB Sustainability will explain what sustainability means, what UAB is doing and how you can do your part.

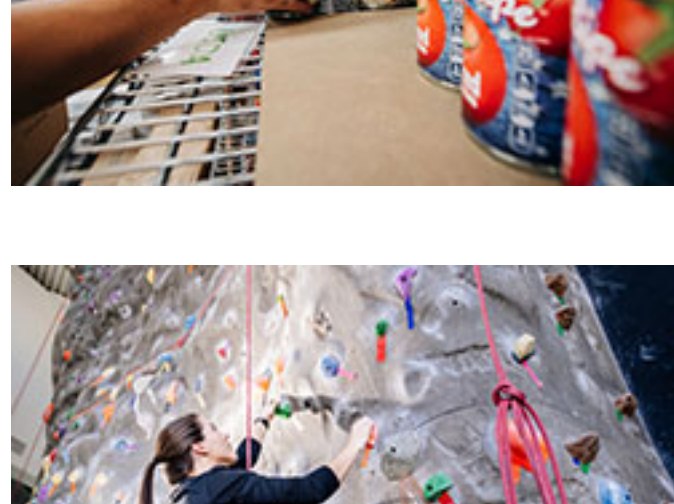
📍 noon Sept. 19  
📍 virtual  
📅 [Register online](#)

### Mark your calendars



### Sign up today to fight hunger

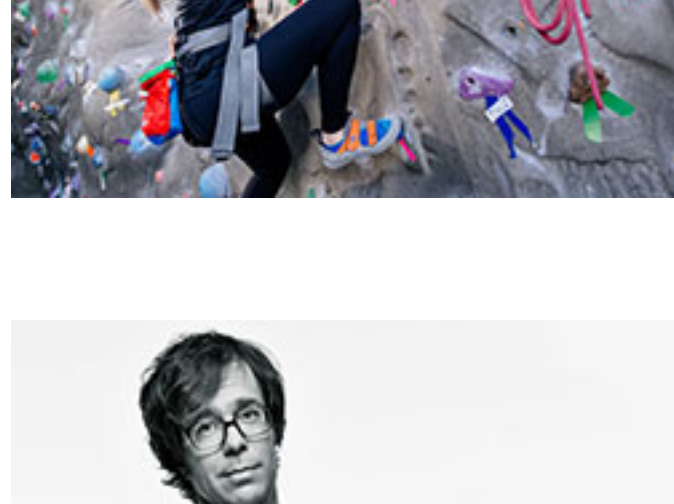
The UAB Benevolent Fund and Collat School of Business are partnering to pack 50,000 healthy, non-perishable meals for individuals on campus and in the local community. A gift of \$24 provides 100 meals. You can sign up to pack from 2-4 p.m. Sept. 24 at the Rec Center.



### Start your climb

This fall semester (on the Rec Center's climbing wall) and outdoors. Class starts Sept. 13, continues through Oct. 11. Cost is \$40 for URec members.

📍 6 p.m. Sept. 13  
📍 Rec Center  
📅 [Learn more online](#)



### See piano-pop rocker Ben Folds at ASC

Folds, one of the major music influencers of his generation, brings his "What Matters Most" tour to Birmingham.

📍 6 p.m. Sept. 17  
📍 ASC Jamison Concert Hall  
📅 [Buy tickets](#)

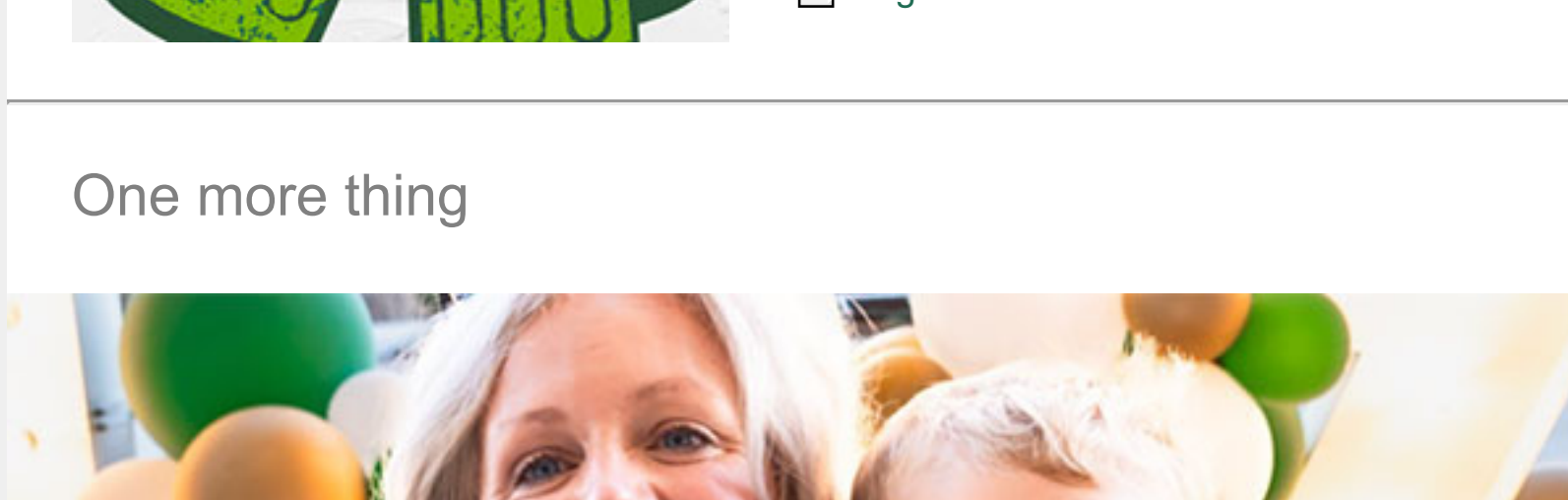


### Suds and songs

The no-commitment, no-agenda Blazer Hops Fall Kick-Off from the National Alumni Society will include SINGO — a musical version of bingo.

📍 6 p.m. Sept. 20  
📍 Social Taco  
📅 [Register online](#)

### One more thing



### See the faces of UAB Football's win last Thursday

The Blazers kicked off the season — their first in the American Conference and under Head Coach Trent Dillfer — with a 35-6 win over North Carolina A&T at Protective Stadium. See the fans, cheerleaders, band and other scenes in this slideshow and video on Instagram.

🎟️ Get \$10 tickets to the Blazers' next home game, 6 p.m. Sept. 16 against Louisiana, which is Kids Takeover Day.

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