

December 1, 2023

Incubating Innovation

How two Heersink institutes take on local, global challenges

Future-proofing the health care workforce? That's the mission driving the Marnix E. Heersink Institute for Biomedical Innovation. Meanwhile, the Mary Heersink Institute for Global Health works to improve overall health and well-being and promote equity in health outcomes on a global scale. Both institutes were established as part of a \$95 million gift from Marnix E. Heersink, M.D., to UAB in 2021. Find out more and meet the UAB faculty and staff behind their work.



Get crafty with this cute Blaze cross stitch

Looking for a fun holiday project that could be the perfect gift for the UAB fan in your life (including yourself)? This adorable, simple project is a creative and calming way to fill downtime this season.



Make your holiday green and gold with this UAB gift guide

Looking for holiday activities and spirited gear? Find something fun to suit everyone in the 2023 UAB gift guide, from a UAB tree ornament to arts class gift certificates, tickets to performances, and more.



3 ways to celebrate sustainably during graduation

Commencement ceremonies are Dec. 8, and celebrations and photoshoots often can come with environmentally damaging waste, such as balloons and confetti. Read tips from UAB Sustainability on how to create safe festivities.

More news online

Get campus news at uab.edu/reporter and 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

Are you paid biweekly? Note this schedule change

Because January 1 and 2 are UAB designated holidays, Payroll Services will process the Jan. 5, 2024 biweekly payroll (Dec. 17-30 pay period) on a holiday schedule. UKG Campus Kronos Time Card sign-off is noon Jan. 2. All employee time cards must be reviewed and approved before the sign-off. Payroll Services recommends that employees and time editors do this prior to leaving for the holiday break on Dec. 30, to ensure that all benefit time has been entered and any corrections have been made. Direct questions to payhelp2@uab.edu.

Your UAB email gets you free access to the New York Times and other media

You can get access to digital editions of the New York Times, Wall Street Journal and Financial Times through UAB Libraries. [Find instructions online.](#)

Alabama Museum of the Health Sciences is now reopened

The museum is open for public walk-in hours noon-5 p.m. Tuesday-Friday on the first floor of Lister Hill Library (check uab.edu/amhs for holiday hours). The current exhibit, "Snapshots," explores how society has historically defined women's mental health and includes themes centered on anatomy, motherhood, mental health and more, encouraging visitors to consider their own perceptions and definitions of women's health.

Faculty: Earn a \$3,000 stipend

Submit your online course for a Quality Matters Certification and earn a \$3,000 professional development stipend. [Find out more and get started online.](#)

Give clothes, get clothes:

- The UAB Career Center is collecting clean and gently used professional attire (suits, shirts/blouses, slacks, skirts, solid-color ties and professional shoes) for its Career Closet. Drop off at the guest services desk on the second floor of the Hill Student Center from Dec. 4-13. [Details online.](#)
- Blazer Thrift, the semi-annual clothing exchange from the Green Initiative at UAB, is today at Blazer Hall, Lower RLC, from 10 a.m. to 3 p.m. No money changes hands — you must bring an item (lightly used clothes, accessories, books — even textbooks — shoes and decorations) for every item you take. [Details online.](#)

Research & learning



Take a fresh look at NIH's Data Management & Sharing Policy

Learn about the policy, instituted in January 2023, and find out what to be mindful of moving forward. (Session details here.)

🕒 noon Dec. 1
📍 virtual
📅 Register online



Turbocharge your email game with color

Chief Human Resources Officer Janet May shares how she uses color coding to tame her Microsoft Outlook inbox.

🕒 11 a.m. Dec. 4
📍 virtual
📅 Register online

Today: Celebrate International Day of Persons with Disabilities

Join for free food in person (Hill Center Ballrooms) or watch the [live stream](#) from 11 a.m.-1 p.m. and hear about disability health and well-being from a plethora of professionals in the field.

Mental Health Monday: Miracle Spotting

This art-based experiential will help participants explore how developing the practices of mindful self-compassion, compassionate curiosity, and presence in the moment allow one to be open to spotting the small and large miracles in everyday life.

🕒 6 p.m. Dec. 4
📍 virtual
📅 Register online

Next Step Webinar: Maximize Your Personal Wealth

Learn how to protect yourself from fraud, practice solid financial habits and, over time, create the accumulation of wealth by building an effective retirement plan.

🕒 11:30 a.m. Dec. 5
📍 virtual
📅 Register online

TriNetX Research Network

Hear illustrative use cases for this global health research network and learn how researchers across the CCTS Partner Network are leveraging major data enclaves to advance discovery.

🕒 1 p.m. Dec. 5
📍 virtual
📅 Register online

How Local News Can Slow Polarization

Joshua Darr, Ph.D., associate professor at Syracuse University, will describe his research and preview his current work on the future of local news and American politics as he delivers the Annette Shelby Endowed Lecture.

🕒 2:30 p.m. Dec. 5
📍 UBQB, room 108
📅 Details online

Emotional Intelligence: Building Relationships and Communicating Effectively

Find out how emotions affect our interactions with others in the workplace, learn to reframe your emotions and adapt to the situations you encounter.

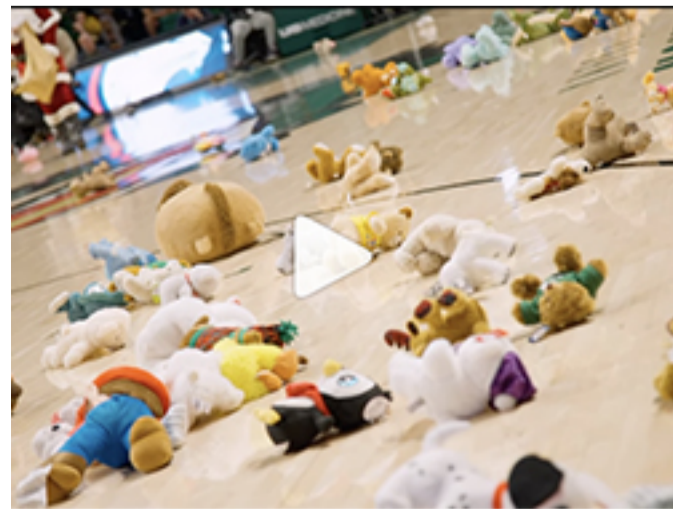
🕒 10 a.m. Dec. 7
📍 virtual
📅 Register online

Disney Institute's 1-Day Approach to Quality Service

Discover how to enhance your work culture and improve your business outcomes by putting the customer at the core and intentionally designing systems and processes.

🕒 8 a.m. Jan. 11
📍 Alys Stephens Center
📅 Buy tickets

Mark your calendars



Throw bears, beat Eagles tonite

Bring a new stuffed animal to participate in the Teddy Bear Toss at halftime as the Blazers take on Southern Miss. Tickets are \$10 when you bring a new toy or stuffed animal to donate.

🕒 7 p.m. Dec. 1
📍 Bartow Arena
📅 Buy tickets



Do you know a student considering medical?

Preview Day gives prospective students of the Heersink School of Medicine the chance to interact with current students and Admissions staff, as well as take a tour.

🕒 2 p.m. Dec. 6
📍 Volker Hall Lecture Room D
📅 Register online



"We're gonna have the hap-happiest Christmas!"

What makes "National Lampoon's Christmas Vacation" the quintessential Christmas movie? Gareth Jones, Ph.D., will explain.

🕒 7 p.m. Dec. 7
📍 virtual
📅 Register online

Lectures

Arts

Athletics

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