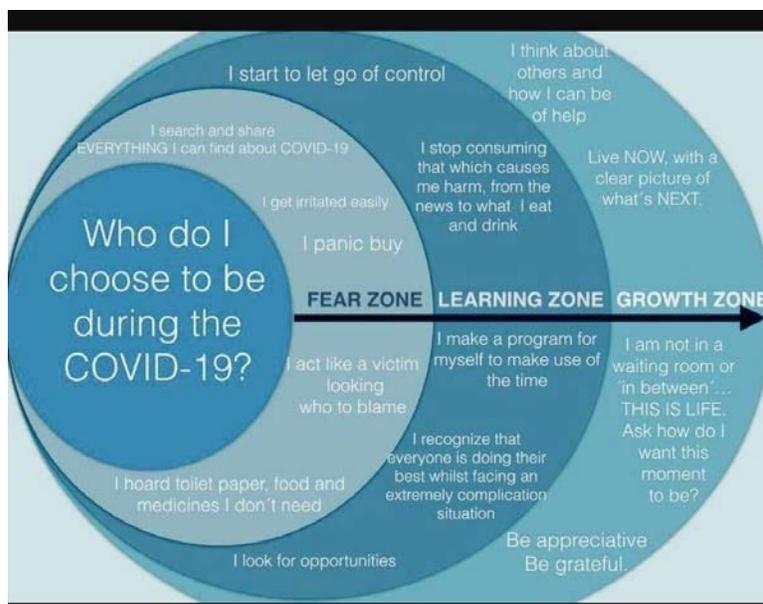


President's Weekly Bulletin – April 3, 2020

Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

Who do you want to be during COVID-19? This graphic spoke to me this week as we all continue to adjust to our unique, individual situations. As we go through good days, and more difficult days. As our toilet paper rolls dwindle, and we know our patients are having even more difficulties. As the holidays of Passover and Easter approach, and we are not able to be present in our typical way. As we think about how practice, research, advocacy and education are all changing in ways that will clearly impact the future. We are all a part of it!



I truly wish to thank all of you who were able to join us for the second SDBP Connect call this week! The sharing of resources, led by incoming president, Carol Weitzman, was invaluable. We have some resources posted on our website, but this is still a work in progress thanks to Carol & Jeff Yang! <https://www.sdbp.org/cv19/> It has been wonderful to "meet" members from around the country AND internationally!

Our next SDBP Connect Call will be on Wednesday April 15th. We are taking next week off due to the holidays (and yes, I am hosting my first ever virtual Passover Seder Wednesday night!). More info to come next week on the Zoom time for the 15th.

Last, a strong reminder to let our communications committee know about any talks, papers, etc. that you are doing in this time. They have been incredible at putting together brief “snippets” in family friends forms from the work so many of you are doing. Let’s keep it up!! Email any information about your work to: sdbp.socialmedia@gmail.com

My favorite resources of the week:

[COVID 19 Resources for Families ACS](#)

[COVID 19 Resources for IDDD Individuals](#)

Our Members Recommendations for Self Care:

Great Yoga Channel

<https://www.youtube.com/user/yogawithadriene>

Free Les Mills workouts

<https://watch.lesmillsdemand.com/at-home-workouts?gold>

If you have any questions, concerns or need any help in any way, please don’t hesitate to reach out!

Warmly,

Robyn Mehlenbeck

President, SDBP

