

## Psychiatry Career Development & Research Office (CDRO) Update Staff Appreciation- Thank you for all that you do!

This past October the CDRO hosted a staff appreciation luncheon in the faculty conference room at the Worcester Main Campus! About 40 staff members attended the event. The event started off with an Italian themed lunch and then staff participated in fun activities to win prizes. Paula Sheehan, who works in the Albert Sherman Fitness Center, led participants in a chair yoga session. Paula taught exercises that could be done at any workstation to help release stress and provide relief from working on a computer all day. The event concluded with raffling off the centerpieces that were on each table.

Attendees felt this event was inviting, relaxing, and genuine. Staff also said that it was a great way to socialize with their current coworkers but most importantly a way to meet and interact with staff they did not know very well.

We are looking for ideas for the next staff appreciation event. Please send your ideas or requests to [Barbara.Grimes-Smith@umassmed.edu](mailto:Barbara.Grimes-Smith@umassmed.edu) or [Jennifer.Hitchcock@umassmed.edu](mailto:Jennifer.Hitchcock@umassmed.edu). We hope that you will join us at the next event!

