

DEPARTMENT OR UNIT	TITLE	DESCRIPTION
Mother Baby Unit and Labor and Delivery	Perinatal Community Building	The UWMC perinatal staff, which includes Labor & Delivery, Antepartum and Postpartum units at UWMC, would like to thank you for the opportunity, for providing the motivation and for awarding us funding to brainstorm and implement ways to improve the overall well-being and staff satisfaction of our units. Our goal is to improve staff retention by increasing overall staff well-being and feelings of appreciation and work satisfaction. Our awarded grant money will focus on staff appreciation at work by awarding prizes biweekly based on staff shout outs. The intent is to improve goodwill amongst staff by recognizing when coworkers go above and beyond. We have also started a perinatal hiking group, which meets monthly, that has improved connection among staff who have chosen to participate.
Fred Hutch Spiritual Health (inpatient UWMC) + UWMC Spiritual Care	Patient Reflection and Remembrance Stations	Designated reflection and remembrance spaces for staff breakrooms on ICU and Acute Care Units throughout UWMC. These spaces will include resources for physical, mental, and spiritual wellbeing, and serve as an easily accessible space for our staff to reflect, remember patients, and process emotions and grief related to work and life.
UWMC Clinical Nutrition-- Montlake and Northwest	Food and Nutrition EDI Book Club	We plan to host a book club for our clinical nutrition teams from the Montlake and Northwest campuses to foster a sense of community and to engage them in nutrition-related conversations pertaining to Equality, Diversity, and Inclusion. Specific topics may include food security, body image and BMI, weight bias, and food sovereignty. Meetings will be quarterly, and we will use the funds to purchase books.
Behavioral Health	Support Pins	Each unit will produce an image that will be created into a pin to represent their unit. The pin represents support and the spirit of staff to staff, I see you moment. When a staff member notices that a fellow coworker is going above and beyond or is feeling inspired by their dedication, they will be given pin to wear. This pin can also be given to a coworker who needs extra support, like a symbol of feeling seen, and recognized that they belong to a team and community. The staff member can wear this pin for however long they need and pass it along to a fellow coworker when they observe someone else who deserves it.
Behavioral Health	Thank You Cards, A Practice of Gratitude	This creative group is intended for inpatient managers at UWMC ML and NW, and will provide a space to create thank you cards for their unit staff. This will be a time for managers to creatively express themselves, while also acknowledging their unit staff with praise. This focus on gratitude and acknowledgment is a practice of mindfulness, and self-care for staff. This group will run monthly on both campuses for a total of 24 sessions.

Neurology	Neurology Research Staff Well-being Breakfast	In an effort to provide peer support, increase resource sharing, and reduce research coordinator turnover in our department, a monthly Neurology Research Coordinator breakfast was piloted with positive results. The idea for a monthly breakfast meeting is supported by physician wellness literature on Commensality groups (groups that meet regularly and share a meal together). The Well-Being Grant funds will allow us to continue and formalize the monthly breakfasts for the next year. We will include guided discussions about wellness in the workplace and time for peer support. Pre- and post-breakfast surveys of peer support and wellness will be administered to assess the impact of the breakfast meetings on our coordinators.
Division of Cardiology	Cardiology: Creating Community	The Cardiology: Community Connect project is an opportunity for staff and managers to come together at UWMC for a time to connect and rebuild interpersonal relationships while supporting a culture of well-being. This time plans to involve ice-cream, Cardiology merchandise, a small gift, games and a word of encouragement and appreciation. The goal is to foster community, connection and togetherness while also supporting employee appreciation and mental health.
Cardiac Transplant	Harris Hydraulic Lab Entry Common Area Monthly Floral Display	This project will fund the monthly purchase of flowers for the 3rd floor entry seating area at Harris Hydraulic Lab. This is a common area accessed daily by sixty UWM Heart Institute staff members from multiple subspecialties. Members of this cohort routinely work with critically ill and terminally ill patients, creating a challenging environment for maintaining caregiver emotional health. The project will promote a culture of well-being within the work environment by utilizing flowers to illicit immediate and long-term effects on emotional reactions, as demonstrated by the 2005 research article published in Evolutionary Psychology, "An Environmental Approach to Positive Emotion: Flowers." The intent is to brighten a currently drab common seating area and provide a moment of beauty and emotional uplift for staff members who support critically ill patients every day.
OBGYN	Group Workout Class for L&D Staff Bonding	Using funds from the UW wellness grant, UW L&D nurses and residents will take part in a boxing exercise class together. The staff and residents on L&D work closely together, requiring good communication and interpersonal relationships to deliver care. This activity will support team bonding in order to improve cohesiveness and ultimately, improve delivery of patient care.

<p>General Internal Medicine Center</p>	<p>UWMC General Internal Medicine Center (Roosevelt II) Consult Room to Therapeutic Environment Transformation Proposal</p>	<p>The goal of this project is to create a therapeutic environment that will support a culture of wellbeing for staff providing Behavioral Health services and help put patients at ease during counseling session in more of an office setting with comfortable chairs/sofa vs. clinical environment of an exam room. Dedicated space to foster a therapeutic environment for patient mental and behavioral health counseling in clinic would improve efficiency and support providing patient care by reducing staffs' uncertainty around visit locations and patient's comfort, as visits occur today in the clinical space of an exam room which can be triggering to patients with medical trauma. Equity for clinic social workers seeing patients in clinic to have dedicated work/office space reinforces a culture of wellbeing, as the providers have their dedicated faculty attending offices and dedicated APP workrooms. Clinic social workers are in clinic Monday-Friday seeing patients, and having equitable space designated for their work (as the attending physicians and APPs have) will help them feel equally valued as clinicians in our practice, improving their sense of wellbeing as well as efficiency in practice.</p>
<p>General Internal Medicine Center</p>	<p>GIMC Staff Recognition Funds Proposal</p>	<p>The goal is to have dedicated funds to host a monthly recognition event for GIMC staff (e.g., lunch)—this can include recognition for birthdays that month, as well as sharing patient-care wins and recognition of peers for ways in which their colleagues have contributed to the delivery of safe patient care and the overall success of clinic operations. This will elevate General Internal Medicine Center's ability to consistently recognize staff for a job well-done, promoting a healthy work environment and supporting staff well-being. Recognition helps prevent staff burnout, and current-state is limited funds, using personal funds from clinic leadership or attending providers to purchase lunches ad hoc.</p>
<p>GIM/Hospital Medicine</p>	<p>UWMC Hospital Medicine Group Whirly Ball Team Building Event</p>	<p>The hospital medicine group at UWML consists of 44 general internal medicine physicians committed to an internal culture built on mutual trust, respect and compassion. The social distancing forced by COVID inhibited our opportunities for community building. With this grant, we intend to invest in community building and teamwork through a fun, physical, and slighting competitive team building activity – Whirly Ball!</p>
<p>Outpatient Rehabilitation Department</p>	<p>Outpatient Rehabilitation Clinic Summer Water Outings</p>	<p>For this proposal I will reach out to the staff and get different dates with the goal of having 4 throughout the summer that we can get into the water to either kayak, paddleboard, or swim. Once we have dates and times I will determine which facility we can rent from for the day and use the funding to pay for those of us who do not have water devices. It will help the outpatient therapy clinic here at UWMC Montlake team build outside of work.</p>

Outpatient Therapy	8S and 8E Community Outing	Thank you so much and we will be able to have this community outing with the funding provided. I will send out dates for an event at the end of the summer and beginning of fall to have this even to build relationships between the 8S and 8E clinics in order to help build our relationships and connections which will help us in working as a team to better provide care to our mutual patients. This outing will be inclusive of all workers in both clinics and allow us to introduce ourselves to our colleagues that we work so closely with but that we don't get to see.
Employee Health Clinic	WOW: Workplace Oasis for Wellness	Our project WOW: Workplace Oasis for Wellness plans to utilize the grant funds to enhance the employee health clinic waiting area. This includes incorporating relaxing additions such as a massage chair or massaging devices for existing chairs. The space will be further improved with the addition of artwork and/or a tranquil mural on the wall. Additionally, we aim to provide a beverage cart offering spa water or self-serve coffee, allowing employees to feel refreshed and revitalized after their visit to the employee health clinic.
UWMC Outpatient Social Work Team	Self-care Enhancements for UWMC Outpatient Social Work Team	Social workers at the UWMC Roosevelt Clinics cover a wide array of collaborative services and provide integral support to patients and staff; the devotion of our social workers, whether they have worked for UWMC for one year or fifteen, is exhibited in how they are always willing and sought out to help. Sustaining this team's well-being, community building through change, and the ability to give comes from opportunities to feel connected, appreciated, and supported through restorative self-care activities. To provide physical stress relief and relaxation from the demands this work has on our bodies the team will be provided with a day of chair massage through the Dream Clinic. To nourish team cohesion and process as a team how to incorporate ongoing collaborative self-care, the team will also participate in a mealtime together with food from locally owned Trinity Market on Roosevelt Way. This team is grateful for the opportunity for wellbeing and community building activities that will increase cohesiveness and reduce stress.
6SE	6se Culture of Unity	As part of our unit rebuild, we recently came together to determine our values and created healing artwork in the process. We focused on building staff community and defining the culture of 6se. We will be creating T-shirts for all staff with a message of unity and special design artwork that confirms our shared values of Collaboration, Community and Fun. We will encourage wearing our shirts on team days once a month as we build our 6SE community.
Work in PACU Montlake - Grant is for Community Partnership LPC	Volunteer Support for Community Partnership Local Practice Council	The Community Partnership Local Practice Council is a network of UWMC RNs who connect UWMC nurses to volunteer opportunities, to use their nursing skills to improve the lives and health of our communities. We will use the grant funds to purchase t-shirts and other items for our nurse volunteers, so they feel valued and part of a team. Volunteering in the community contributes to both personal and professional satisfaction. It can improve emotional and mental health, while building interpersonal relationships. The grant funding will support both community building, as well as promoting a culture of well-being.

Department of Laboratory Medicine and Pathology	Interactive Game Board	At the University of Washington Medical Center (UWMC), lab workers face obstacles in building social connections due to the large variation in shift hours and experience elevated levels of stress because of the high demand for overtime work. Our project aims to create an interactive game board in the medical lab area, which will promote worker continuity and reduce stress levels amongst staff. All games will be cast over a whiteboard, where popular formats such as “Would You Rather” or “Desert Island” could be easily set up. Staff will play the games by moving a polaroid of themselves, which they previously attached to a magnet, to a location that provides a proper response given the game parameters.
Psychiatry and Behavioral Sciences	Enhancing Wellbeing and a Sense of Community in the PERC Center	The Perinatal Mental Health & Substance Use Education, Research & Clinical Consultation Center (PERC Center) out of the UW Department of Psychiatry & Behavioral Sciences plans to host three wellness focused events to increase the sense of community and empowerment among our team members. Center staff will organize three team and wellness building activities – such as cooking classes or scavenger hunts – over the course of the year based on the interests of the team.
Department of Surgery	General Surgery Education Reform	The General Surgery Education Reform Group is a resident-led initiative to completely reimagine our weekly education conference. Currently we divide senior and junior residents with alternating weeks of education conference. Our vision is to instead unite all levels of general surgery residents each week for enhanced education, fostering resident-to-resident mentorship, ensuring consistent attendance, and flattening the PGY hierarchy. This grant funding will help to provide for a conference space large enough to accommodate all of the general surgery residents (~60 residents). Ultimately, we hope that improving educational content, including non-clinical skills labs on wellness, communication, and teambuilding will help create a culture of well-being that will impact the hospital through our residents’ everyday interactions.
4SA NICU	UW NICU Fun Committee Activity Funding	The UW NICU fun committee is an interdisciplinary team created for the purpose of staff engagement and team building. The funds we have been granted will be used to provide catered food at our holiday party this year, candy for our NICU “gram” messages, and prizes for NICU “Elf on the Shelf.” On our most recent UW NICU fun committee survey, our unit team members told us that having a holiday party this year is their biggest request of our team and we are thrilled that this grant will allow us to provide catered food! The NICU “grams” are offered by the UW NICU fun committee three times a year; team members are invited to fill out an online survey with who they want to send a “gram” to and a brief note, then the fun committee attaches a card and candy to the notes and delivers them to staff. Lastly, the grant funding will be used to purchase prizes for NICU “Elf on the Shelf,” which is an activity we do on the unit for a week around the holidays where the prior shift hides a doll elf somewhere for the next shift to find and the first person to find the elf wins a prize.

8N/ Inpatient Rehab	Team Building Outing for Staff Members on an Inpatient Rehabilitation Unit	We propose organizing a team-building outing for patient care technicians and register nurses working on our inpatient rehabilitation unit to enhance communication, collaboration, and overall teamwork. The outing will be a half-day event held off-site at a mutually agreed upon location by the staff (the options include High Trek Adventures Ropes Course or an Escape Room). The outing will be designed to promote teamwork and problem-solving skills while allowing staff members to have fun and build relationships outside of the work environment.
Anesthesiology and Pain Medicine	Lactation Spaces at the UW-Montlake Operating Room	We will be utilizing the funds from this well-being grant to establish dedicated lactation space for anesthesiology faculty and residents at the UW Montlake Operating Room. Lactating parents who work in the perioperative environment should be supported via access to convenient, clean, and private spaces to express and store breast milk. Anesthesiologists face particular challenges taking lactation breaks, given that anesthesiologists can only take breaks for brief periods of time, and must remain physically close to the operating room even when their cases are being managed by a colleague or trainee. In addition to designating space for lactation, we will be purchasing and installing items to make these spaces useful and welcoming for lactating persons.
4NE	4NE T-Shirts	A major part of the well-being of 4NE centers around teamwork and community. Additionally, staff recognition is a key aspect of well-being, as it helps build relationships, foster a sense of community, and support staff at work. Therefore, 4ne will purchase t-shirts for each staff member featuring our unit's mascot, the Honey Badger, to create a sense of comradely within the team. In addition, we will provide Charge RN" and "Flex RN" t-shirts to recognize the significant contributions of nurses who step into these critical roles.
Cardiac Transplant	Breathe (Building, Respectful, Encouraging, Atmosphere, Toward, Healthy, Environment.)	We are planning a mini retreat during lunchtime on a Thursday at the Harris Conference Room. The goal is to rejuvenate all Heart Failure staff and foster camaraderie through an inspiring entertaining speaker, engaging games, team-building activities, and delicious food.
Mechanical Circulatory Support (MCS) Program in UWMC Montlake Heart Institute	B.R.E. A.T.H.E	We are incredibly grateful for your support towards our project, " BREATHE" (Building Respectful Encouraging Atmosphere Toward Healthy Environment). Your generous funding will allow us to install a 65" TV monitor with internet connectivity, through with we can showcase a diverse selection of captivating nature videos, including enchanting scenes of goldfish swimming or educational material at times. Additionally, we are excited to plan a small celebration party with lunch to express our gratitude. Thank you so much for making all this possible.
7SA	7SA Team Building Experience	Thank you for awarding partial funding for our Team Building Experience on 7SA. We are thrilled to be able to offer discounted pricing for our High Trek Adventure ropes course and team building experience. We have had a positive response to the proposal and are confident it will have a positive impact on our staff.

Heart Institute	Heart Institute Break Room Improvement Grant	<p>The Heart Institute at Montlake consists of over 200 team members. On any given day we have over 100 team members from the Heart Institute, the Echo Lab, and the Anticoagulation team working on site. They share a small breakroom that seats approximately 10 and has only one undersized residential grade refrigerator/freezer. This leads to a packed appliance that is inefficient and keeping foods cold/frozen. It also forces some team member to resort to less healthy and more costly options for lunch. A recent study from Brigham Young University found that employees with an unhealthy diet were 66% more likely to experience a loss in productivity. It also leads to decreased attention to detail, which increases the risk for medical errors. This grant money will help assure that our team has a safer place to store their food. Will allow more of them to bring healthier options like fresh fruits and vegetables and bring cost effective options like leftovers from home. And, hopefully lead to a happier and safer work/care environment!</p>
Obstetrics and Gynecology	Improving Ob/Gyn faculty's Epic utilization and clinical efficiency	<p>Although the faculty in the Department of Obstetrics and Gynecology report feeling fulfilled in their work, in the 2022 UW Medicine Well-Being Survey, they rated their efficiency in clinical practice markedly below the UW's organizational mean. This project will create opportunities for faculty with similar subspecialties to work in small groups with Practitioner Liaison Specialist (PLS) staff and Ob/Gyns who are superusers to optimize their Epic utilization. Participating faculty will create a plan for aspects of Epic utilization they want to improve during their sessions. During the meetings, participants will carry out their plan and personalize their Epic according to their personal goals and in response to their Signal reports. We will follow up on faculty's responses to the next UW Medicine Well-Being Survey to assess for changes in faculty's reported efficiency in clinical practice.</p>
Patient Care Services	ROSE Awards	<p>The UWMC Nursing Recognition Committee is grateful to have been awarded funding for our ROSE Award program! The ROSE Award was conceived during the last months of the COVID-19 pandemic to recognize our patient care staff who have made a significant contribution to excellence in patient care. We wanted a companion to the DAISY Award, to show our appreciation to patient-facing staff.</p> <p>Criteria: Employee at UWMC either campus for at least one year in good standing, in one of the following roles:</p> <ul style="list-style-type: none"> •Certified Nursing Assistant •Occupational Therapist •Patient Care Technician •Physical Therapist •Respiratory Care Practitioner •Social Worker •Environmental Services <p>This funding will be used to buy gifts for our ROSE Award Winners.</p>

Department of Otolaryngology	Oto SLP Strategic Planning and Well-Being Retreat	The Speech Pathology team in the Department of Otolaryngology – Head & Neck Surgery is planning a strategic planning and well-being retreat for our team with the goal of improving our connection with each other and maintaining a sense of community and teamwork. The goals are to renew our unit’s mission and vision statements, create short-term and long-term goals, improve efficiency of practice by identifying challenges and brainstorming solutions, review accomplishments from the previous year and promote gratitude, to improve our culture of well-being, and to improve diversity, equity and inclusion not only within our department and our trainees but within our field. We plan to emerge from the retreat refreshed, organized, and ready to further the UW Medicine mission to provide the highest quality patient care, to train the next generation of speech pathologists locally and nationally, and to promote clinical research to advance the field as a whole and represent UW Medicine at a national level.
UW Medicine Heart Institute	UW Heart Institute Retention and Recognition Committee Grant Proposal	We will create seasonal, patient-facing, and interactive team bulletin boards with purchase of the Cricut Machine and art supplies. We will do team recognitions during celebration weeks, quarterly birthday celebrations, and awards with dark chocolate and fruit.
UWMC Montlake 6NE	Knot by Knot-learning to practice mindfulness through knitting	My project, Knot by Knot will teach knitting to healthcare staff with a focus on mindfulness and the meditative aspects of knitting. By evaluating my subjects before the lessons and afterwards I will be able to determine if they were in fact able to experience feelings of mindfulness, if they are now able to experience those in other settings, and do the feel a greater overall sense of calm in and out of work?
Radiology-Angiography/Interventional Radiology	Enhancing Collaboration and Recognition in the Interventional Radiology Department	We plan to create community board which will feature a monthly calendar highlighting group activities and birthdays. We will also include a section to highlight hobbies, pets, and other personal details that can be shared through photos. Secondly, we plan to create a Recognition Board. Staff members, patients, or patient family members can write a message of gratitude or praise on a star-shaped paper and post it on the board for others to see with the choice to sign it or remain anonymous. We hope to foster a community that strongly values collaboration and recognition of others.
Division of Pulmonary, Critical Care, and Sleep Medicine / Department of Medicine	The 3 Wishes Project	The 3 Wishes Project is an end-of-life initiative that aims to improve the experience for patients, families, and healthcare team members by attempting to fulfill wishes for a dying patient and their loved ones. The goals of the 3 Wishes Project are to dignify, honor, and celebrate patients’ lives by personalizing the end-of-life experience. For families, the goals are to humanize the dying experience and foster positive memories, and for members of the healthcare team, to foster patient- and family-centered care. The 3 Wishes Project seeks to create organizational processes and structure for promoting acts of compassion and enhancing end-of-life care. The Well-Being Grant will be used to support this program. https://www.uwmedicine.org/patient-resources/3-wishes-project

Interpreter Services	Interpreter Services Support	At the University of Washington Medical Center, there is a growing demand for medical interpretation services to meet the needs of our diverse patient population. At the same time, our staff medical interpreters are often exposed to trauma and emotional stress in their work, which negatively impacts their well-being and ability to provide quality interpretation services. The well-being grant will be used to improve the well-being of our staff medical interpreters and, in turn, enhance the quality of medical interpretation services provided to our patients. The opportunity for staff to connect outside of work will provide opportunities to build relationships with one another in turn promoting teamwork and enhancing resilience for the entire team.
Department of Laboratory Medicine, Chemistry Division, Montlake Campus	colLABorations	The Department of Laboratory Medicine will host quarterly game nights over the next year, once at or near each of our 4 major campuses. Games bring people together in a fun and easy way that encourages participants to interact, collaborate, and learn from one another. We endeavor to foster better teamwork in each of our laboratories, as well as build cross-division and cross-campus connections amongst our staff in a relaxed and fun environment.
Laboratory Medicine and Pathology/Transfusion Medicine Division	Building community in Transfusion Services	With the funds provided, I will be able to organize two social gatherings with the Transfusion Medicine faculty. The goal is to provide a casual environment to connect at a personal level. I will also distribute a survey before and after each gathering asking for ideas to build a sense of community and foster collaboration. To accommodate the budget, these social gatherings will be limited to faculty without guests, it will include snacks and soft drinks, and will take place outdoors or at my house.
Transfusion Services UWMC	Building resilience and community for Transfusion Laboratory Team across UW Medicine	We will work with available grant to have a picnic get together for all 3 campuses (HMC, UWMC Montlake and Northwest) transfusion service staff. This picnic will allow staff to engage with their peers in a relaxing environment and build relationships.
Radiology--Interventional Radiology Nurses and Technologists	Connect-Move-Serve Teambuilding	Radiology will utilize this grant to organize two team-building activities throughout the year. One will have a theme of connecting our team members through a social event, and the other a theme of service in a community-based volunteer activity.
Anesthesiology and Pain Medicine	Promoting community and wellbeing in the UW Department of Anesthesiology and Pain Medicine	Promoting community and wellbeing in the UW Department of Anesthesiology and Pain Medicine: the funding of this grant will be utilized towards a mixture of physical and mental wellbeing programs. These periodic events will create safe spaces for residents to meet and interact. Overall, this project hopes to build community across multiple anesthesia residency cohorts, especially during such challenging years of training.
5E	5 East Fun Club	The 5 East Fun Club is designed to foster community and teamwork among staff by organizing a range of social outings, such as a group exercise class or staff picnic, so that folks can connect outside the workplace, as our authentic selves, in various group activities that center on (re-)building interpersonal relationships. Our goal is to improve mental health and social connection, to provide opportunities to collaborate on fun team activities, and to create a culture of gratitude and appreciation that can sustain itself.

SORCE	Individual wellness goals and rejuvenation space to support organizational wellness	We will use the \$1000 from the UW Medicine Well-Being grant to purchase 2 walking desks for our shared office space. We will be moving offices before the end of the year and so the timing of this grant is perfect for our team. Walking desks and gentle exercise improve circulation and cardiac health and can inspire creativity and boost productivity during mid-day lulls. We're very grateful for the opportunity to give our team a chance to move more throughout the day and know this is only the beginning of our mission of improving well-being at SORCE.
UW Neonatal Intensive Care Unit	Optimizing resident involvement in educational opportunities in the neonatal intensive care unit (ORION)	Optimizing Residents' Involvement in Educational Opportunities in the NICU (ORION) is an interdisciplinary quality improvement initiative formed with a global aim of enhancing the educational experience and interdisciplinary work environment for pediatric trainees in the University of Washington Medical Center (UWMC) NICU. An interprofessional team made up of residents, NICU fellows, attendings, bedside nurses and advanced practice nurses as well as Pediatric chief residents, and NICU leadership was formed to address resident concerns. Over the past academic year, we have been piloting interventions with a goal of improving the trainee experience, however a persistent area for improvement identified through ORION is communication breakdown between the frequently changing group of resident trainees and the NICU staff. With the generous support from the UW Well-Being grant we hope to work towards improving the interprofessional relationship between resident trainees and the NICU staff with a series of interventions to improve the visibility of resident physicians rotating through the unit and encouraging communication and opportunities for positive feedback between disciplines.
Allergy (8S Montlake)	Snack Station on 8 South	The 8S Snack Station located centrally in the Allergy Provider Dictation Room hosts a variety of packaged snacks and instant beverages open to the staff working and rotating through the area with no required contribution from anyone who selects items from the station. This voluntary contribution by staff and providers in the unit helps to literally and figuratively nourish the team members of 8S while respecting individual food preferences and sanitary regulations, ultimately improving the resilience and culture of well-being. If you're ever hungry, stop on by, but make sure to knock or read the sign in case someone is doing telemedicine!
UW Center for Pain Relief	UW Center for Pain Relief Well-being Project	Our clinic will use grant funds to ensure that the Hummingbird Garden that we have planted will become a permanent feature that will be enjoyed for years to come by our clinic employees, providers, and patients. We hope to partner with UW's CARE4U department to provide stress management classes and other wellness resources to support our staff members who put our Patients First, each and every day.
6SA Medical, Surgical and Oncology ICU	6SA The Pause and Decompress	The 6SA project of "The Pause and Decompress" is to allow healthcare workers to honor a patient in their passing and gives a space for recovery for staff. We seek to create a culture that allows members of the healthcare team to stop and grieve the loss of a patient, and a space for staff to find reprieve in.