



UCalgary Resources During COVID-19

In this month's newsletter you'll discover how UCalgary is responding to these cataclysmic times through timely and relevant COVID-19 focused podcasts, webinars and articles, found on our [Community Support](#) page. You'll also find inspiring interviews with some of our most accomplished alumni, a virtual concert from the CPO, a tour of the Zipper's latest digs, and more.

In the wake of COVID-19, many of our in-person alumni events have been postponed, but that doesn't mean we've stopped engaging alumni. Watch your Inbox for the return of our [popular programs](#) such as Dig In! and Career Coaching that are now coming to you in a digital space.

Until then, we hope you and your family are safe, healthy and coping as best as can be expected. Please don't hesitate to reach us at alumni@ucalgary.ca.

Alumni Exclusives



Critical Care Nurse Finds Life — and Death — in the ICU Utterly Transformed

Alumna Mia Torres takes care of people at their most fragile, and COVID has made her job both tougher and more meaningful than ever.

[Discover Why →](#)



How Katie Ohe Set Alberta Sculpture in Motion

It's the next best thing to twirling UCalgary's talisman of good luck. Discover what went into the design of this playful work and other mind-flipping wonders we have on campus.

[Missing the Zipper? Watch This →](#)



Volunteer Week: The Pompoms Are Out

Whether you help out with your kid's soccer team or your alma mater, volunteering lets you shape the kind of world you want to live in — say three alumni.

[Why People Give Back →](#)



How Three Small Food Enterprises are Coping with COVID-19

One of the many silver linings that we're witnessing due to COVID-19 is the generosity and entrepreneurial spirit of so many people, including these alumni.

[Who's Pivoting Quickly? →](#)



United by a Mouse and Metronome

Replace the “pit” with “isolation booths” and see how Donovan Seidle, BMus'99, and the Calgary Philharmonic Orchestra are finding new ways to connect with you.

[Lift Your Spirit with Music →](#)

The SHORT LIST

A few weeks ago when UCAA Board member Sue Shaw, BSc'89, first penned this column our world was a very different place. Loaded with face-to-face gatherings and crowded events, what Sue first wrote about no longer applies. But her latest cultural roundup is now jammed with a different roster of entertaining options. You just won't see Sue there!

[Join Us, Virtually →](#)



Campus News



A Pandemic Intervention — It's a Matter of Survival

Striving for maximum impact, UCalgary's COVID-19 Relief Funds are designed to support students' urgent needs and research in the fight against the virus.

[How You Can Help! →](#)



Conversations with a Career Coach

Perhaps now, in these sobering times, you have space to recalibrate your career? This new weekly open-forum is your chance to ask questions and get professional advice on how to navigate your career through these bumpy times.

[Join Us, Apr. 17 →](#)



Dig In! Bite Size

Coach and registered social worker Shelly Qualteri, BA'98, explores how we can prioritize our own mental health and wellness while helping those who need it most.

[Stay Healthy →](#)



COVID Podcasts and Webinars

Hear from UCalgary researchers and experts who are tackling the pandemic head-on. From the anatomy of a pandemic to parenting and fitness tips — you'll find topics that matter.

[Tune In →](#)

HEALTH

Learning to Get Quarantoned

From ballet barre classes and yoga to spin and climbing, there are now countless ways to get fit at home.

[You Too Can Dance with the Stars →](#)



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Together

Giving Day 2020 starts April 23

This message was sent to jessica.tong@ucalgary.ca because you are listed as a student, faculty, staff, alumni, donor or partner of the University of Calgary.



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