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UCalgary

Alumni news

May 2020



UCalgary's Quarantine Diaries

What does the world, on pause, look like to university students? Here are four snapshots, diary entries if you will, into what students are experiencing right now.

[Check it out!](#)

Alumni Exclusives



Small Businesses Mobilize to Combat COVID-19

From a *Dragons' Den* star to an innovative bottle recycling service — we talk to alumni-run business owners who have made deft pivots to their operations in order to combat COVID-19.

[Discover More →](#)



Alumna Delivers Health Care Aboard the

Africa Mercy — 10 Times

Although the voyage of relief is now in dry dock due to COVID-19, Tara McHardy, BN'05, will someday return to the hospital ship.

[Why Do It? →](#)



How Healthy is Your Career?

It's any forecaster's guess but what individuals can do, right now, is hone their skills with these free virtual programs, offered by UCalgary Alumni Career Development.

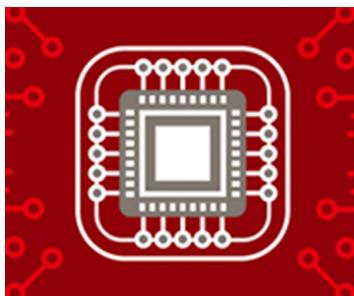
[Discover More →](#)



What To Do When the Fridge is Next to Your Desk

As we shelter in place, people are abandoning healthy eating habits and opting for whatever is handy — precisely the problem, say UCalgary experts.

[Back Away From That Screen →](#)



Expand your 'Tech Knowledge' with This Special Offer!

UCalgary Alumni can save 10 per cent on Continuing Education's new Tech Management Series of online seminars, beginning later in May.

[To register online, enter: TechS2020 →](#)

CAREERS IN MOTION

Pharmacist David Lai reveals what's shifted in his Airdrie-based practice since COVID-19 struck.

[Discover More →](#)



Campus News



Research Examines Shared Parenting for Mothers with Young Children

Shared parenting can be a thorny issue — precisely what a new research study is exploring. Right now, the research team is looking for 300 moms who share parenting of a child or children ages four and under.

[Get Involved →](#)



COVID-19 Gardening: Get Grounded and Grow Your Own Food

In an unsettling season, Calgary horticulture experts say tending a garden is a gratifying path to increased personal resilience as well as sustainability.

[Dig In! →](#)



How to Help Socially Isolated Seniors

Mandatory social isolation in the midst of the global COVID-19 crisis is a distressing trial for us all, but even moreso for many who are elderly. UCalgary's Healthy Aging Lab shares tips on how to help older adults in need.

[Here's How You Can Help →](#)



Elephants Get Drunk Because They Can't Metabolize Alcohol Like Us

For ages, scientists assumed that elephants could not become inebriated due to their size. But it turns out heffalumps are lightweights, writes Mareike Janiak, Faculty of Arts, in *Conversation Canada*.

[Watch the Video →](#)

HEALTH

COVID-19 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 →](#)



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