

2020-2021 DPMG Outreach Report

MEMBERS

- **Kurt Sampson:** Studley Campus - Halifax
- **Peggy Brown:** Carleton Campus - Halifax
- **Kaitlin Burek:** Sexton Campus - Halifax
- **Jafar Sadek:** Agricultural Campus - Truro
- **Stephanie Rutherford:** Dalhousie Medicine New Brunswick - Saint John

EVENTS

- Due to COVID, all events were held virtually which enabled full and equal participation across campuses. On the flipside, however, some in-person events traditionally held at one or more campuses (e.g., barbeque, fitness classes) were no longer possible.

VIRTUAL EVENTS

- **Pumpkin Carving Competition:** This event was held for its fourth year in October 2020. Despite the virtual nature of the contest, we provided a pumpkin pick-up option at all campuses and took steps to facilitate a carving connection between DPMG members that expressed interest in doing so. In total, eleven teams participated and 134 DPMG members voted on the winning teams. Prizes were sponsored by Johnson Insurance.
- **Mindfulness Session:** Led by Dr. Elisabeth Gold, a 1-hr virtual session was held on April 21st that taught mindfulness. This included background on why mindfulness is important and how to achieve mindfulness. Breathing and moving mindfulness exercises were completed throughout the session. 67 DPMG members attended.
- **Trivia:** To be hosted on July 8th. So far, 90 DPMG members have accepted the invitation to attend and 55 have tentatively accepted.