



U.S. Oral Surgery Management

USOSM News & Updates

We are pleased to introduce our weekly e-newsletter to you, our valued employees. It is our desire that through these weekly publications, you will find a sense of community, connection and awareness, as we continue navigating through this unprecedented time together.

Some things to look for in this e-newsletter are health and well-being tips, training, development and continuing education opportunities. We also will be highlighting informative updates and postings to the USOSM Employee Resource site.

USOSM Employee Resource Website

We have launched the Employee Resource Website to share the most up-to-date information on the COVID-19 situation and how it affects you. Please be sure to check it often, as we include posts such as:

- Training, development and continuing education
- Families First Coronavirus Response Act
- CARES Act
- Suggestions for alternate work activities



[Visit the Employee Resource Website](#)

Training, Development and Continuing Education

In order to best prepare us for returning to normal operations, we will be gathering helpful continuing education and training materials.

- **Online Anesthesia Review** - [click here](#) to learn more and sign up.
- **Customer Service Training** – be on the lookout for upcoming resources toward enhancing our ability to provide an exceptional patient experience.



Useful Tips and Resources for You and Your Family

Coping with Stress

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress also can make your community stronger.



Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Community and Outreach

How are you, your family and practice passing the time during this crisis? How are you lifting spirits and helping your communities? We want to know! Send photos and stories to marketing@usosm.com, so we can share with other members of the USOSM family.



Our Values - The *Power* to Achieve More...Together

- P** Passion for Patient Care
- O** Outstanding Results
- W** Winning Attitude
- E** Embracing Continuous Improvement
- R** Respect for Self and Others

Our number one priority is the safety, health and well-being of our team members and our patients. It is during these times that community is more important than ever. Please continue to stay safe and share as much laughter and encouragement to friends and loved ones as possible. Now is the time to surround yourselves with – and lean into – those in whom you find peace, faith and strength.

