

# Resources in Support of Personal and Professional Balance for Faculty at OHSU

Revised 8/21/07

## SCHOOL OF MEDICINE EFFORTS

### **Women in Academic Medicine Committee (WAM)**

<http://ozone.ohsu.edu/som/faculty/comm.shtml>

### **TALENT Program** (Training Academic Leaders and Enhancing Networks and Teams)

<http://www.ohsu.edu/som/talent/events.cfm>

### **The SoM Faculty Engagement Task Force**

[www.ohsu.edu/ohsuedu/academic/som/dean/upload/Focus\\_with\\_methods\\_Feb\\_2007rev.pdf](http://www.ohsu.edu/ohsuedu/academic/som/dean/upload/Focus_with_methods_Feb_2007rev.pdf)

### **The SoM Diversity Task Force**

[www.ohsu.edu/ohsuedu/academic/som/dean/upload/Focus\\_with\\_methods\\_Feb\\_2007rev.pdf](http://www.ohsu.edu/ohsuedu/academic/som/dean/upload/Focus_with_methods_Feb_2007rev.pdf)

### **OHSU Representation of Women Report – 2005-06**

Since 2000, the Women in Academic Medicine (WAM) Committee and the TALENT Program of the School of Medicine have collected information in order to depict the status of women faculty at OHSU compared with national benchmarks published by the Association of American Medical Colleges (AAMC). This report identifies trends, enhances current initiatives and helps guide us in developing new strategies for helping women advance in their careers.

[http://www.ohsu.edu/som/talent/docs/2005-2006/2005-2006\\_full\\_report.pdf](http://www.ohsu.edu/som/talent/docs/2005-2006/2005-2006_full_report.pdf)

## OHSU POLICIES

### **Maternity Leave and FMLA Policies**

New Tutorial: Family and Medical Leave: Rights and Responsibilities

[www.ozone.ohsu.edu/hr/training](http://www.ozone.ohsu.edu/hr/training).

Medical leave policy: Medical leave and short-term disability policies and forms

[www.ozone.ohsu.edu/hr/benefits/benefits\\_forms](http://www.ozone.ohsu.edu/hr/benefits/benefits_forms).

FMLA Q&A: The Q&A information addresses the questions most frequently.

<http://ozone.ohsu.edu/hr/benefits/time.shtml#faq>

### **Dependent Care Flexible Spending Account (DFSA)**

pre-tax dollars for eligible childcare expenses, up to \$5,000 per year.

[http://ozone.ohsu.edu/hr/benefits/benefits\\_forms.shtml](http://ozone.ohsu.edu/hr/benefits/benefits_forms.shtml)

## WELLNESS

### **OHSU Employee Wellness Program;**

494-WELL

[http://ozone.ohsu.edu/employeewellness/program\\_services.shtml](http://ozone.ohsu.edu/employeewellness/program_services.shtml)

The mission on the OHSU Employee Wellness Program is to use the finest science of health promotion and risk reduction to improve the quality of life of OHSU employees with benefits. Services include confidential one-on-one health coaching (i.e. Work/Life Balance, stress reduction, guided relaxation, and nutrition) and various presentations on health and wellness topics available upon request.

### **OHSU Marchwellness Exercise and Health Facility**

[www.marchwellness.com](http://www.marchwellness.com)

\$60 initiation and \$60 month, spa service and personal trainer discount.  
(No child care available)

### **Resident Wellness Program:**

[www.ohsu.edu/ohsuedu/academic/som/GME/residentwellness.cfm](http://www.ohsu.edu/ohsuedu/academic/som/GME/residentwellness.cfm)

## CHILD CARE AND CHILDREN'S ACTIVITIES RESOURCES

OHSU – no childcare available

The President's office is currently trying to recruit a vendor for childcare. Location and timeline for this has yet to be determined.

### VA Childcare

Vermont Hills Child Center Care 503-721-7830

Waiting list 6mo-1 year. VA employees given priority, infant-5 years.

Capacity 48, Contact name: Jennifer Kelly

### Off Site Childcare Resources

Nannies agencies; (Emergency, temporary, part-time, full-time, baby sitting)

Caregivers Placement Agency [www.cgpa.com](http://www.cgpa.com)

Northwest Nannies: [www.nwnanny.com](http://www.nwnanny.com)

Craig's list; Portland, nanny [www.craigslist.org](http://www.craigslist.org)

### Children's Activities

Metroparent Magazine (available at libraries, community centers)

<http://www.metro-parent.com/>

Portland Parks and Recreation;

<http://www.portlandonline.com/parks>

## BOOKS

### **Parenting**

The Balanced Mom; Raising Your Kids With Out Losing Your Self by Bria Simpson

Living Simply with Children by Marie Sherlock

Playful Parenting by Lawrence J. Cohen

Parenting With Love and Logic by Foster Cline and Jim Fay

Buddhism for Mothers: A Calm Approach to Caring for Yourself and Your Children by Sarah Naphali

Confessions of a Slacker Mom by Muffy Mead-Ferro

### **Women and Medicine**

Restoring the Balance, Women Physicians and the Profession of Medicine, 1850-1995 by Ellen S. Moore

Women in Medicine: Getting In, Growing, and Advancing (Surviving Medical School Series) by Janet Bickel

This Side of Doctoring by Eliza Lo Chin MD

Janet Bickel, Career Development and Executive Coach

[www.janetbickel.com](http://www.janetbickel.com)

### **Work and Family**

The Bitch in the House: 26 Women Tell the Truth About Sex, Solitude, Work Motherhood, and Marriage by Cathi Hanauer

Flux: Women on Sex, Work, Love, Kids, and Life in a Half-Changed World by Peggy Orenstein

### **Websites**

MomMd website [www.mommd.com/index.shtml](http://www.mommd.com/index.shtml)

Alliance for Work-Life Progress [www.awlp.org](http://www.awlp.org)

Families and Work Institute [www.familiesandwork.org](http://www.familiesandwork.org)

### **Resources for Single Parents**

The Complete Single Mother (third edition) by Andrea Engber and Leah Klungness (Adams Media, 2006)

50 Wonderful Ways to be a Single-Parent Family by Barry G. Ginberg (New Harbinger Publications, 2002)

The Single Mother's Survival Guide by Patrice Karst (Crossing Press, 2000)

Mom's House, Dad's House: Making Two Homes for Your Child by Isolina Ricci (Fireside, 1997)

How to Survive the Loss of a Love by Peter Mcwillims, Harold H. Bloomfield and Helba Colgrove (Prelude Press, 1993)

The Good Divorce by Constance Ahrons (Harper, 1998)

Parents Without Partners; [www.parentswithoutpartners.org](http://www.parentswithoutpartners.org).  
An international nonprofits, educational organization devoted to the  
Interests of single parents and their children.

City of Roses chapter;  
[www.groups.yahoo.com/group/PWProsecitychapter](http://www.groups.yahoo.com/group/PWProsecitychapter)  
503 295-4280

New era Chapter 1393 (Beaverton); [www.pwpnewera1393.org;503-681-9453](http://www.pwpnewera1393.org;503-681-9453)