

Postdoctoral Association Events Newsletter

USC and CHLA Events Calendar

For information and updates on the impact of COVID-19 on USC research and the postdoc community, you can visit two websites:

**Research.usc.edu/coronavirus
Postdocs.usc.edu/covid-19-info**

Work from Home Stipends

USC is implementing a \$53/month COVID-19 technology stipend for postdocs who are working from home. It is to cover a reasonable percentage of the cell phone, internet and other technology expenses that may be generated by working from home during the pandemic.

Please contact your department administrator –OR--
Please contact Dan Carino, Director of Postdoc Affairs, dcarino@usc.edu

Dining option for Postdocs performing essential functions

UPC:

[Rosso Oro's](#) on Figueroa Street.

Lunch (11:00 am to 4:00 pm) and Dinner (4:00 pm to 8:00 pm). The meal costs \$7 and will be served in compliance with the CDC's social distancing guidelines by providing packaged meals to-go. Guests have a choice of walk-up or drive-thru service. Orders can be placed by telephone at 213-743-2077 or online with [Grubhub](#) – please search for Rosso Oro's Pizzeria.

HSC:

Panda Express and Starbucks (1969 Zonal Avenue): Order online via Grubhub or contact (323) 442-1943

Qwench Juice Bar (1501 San Pablo St): Order online via Grubhub or contact (323) 442-4333

Postdoctoral Association Events Newsletter

USC and CHLA Events Calendar

Workout at Home:

Coach Kevin Robinson is leading an at-home workout session with postdocs held twice-a-week over Zoom. This is a great live workout with minimal equipment needed! Workouts are every:

Tuesday and **Friday** at **1 pm** until the end of the semester.

The class runs 40-50 minutes, but the actual workouts are 20-25 minutes. Please email Kevin (kevinrob@usc.edu) to join the workouts.

Online Course Offering:

Cellular, Molecular, and Computational Tools for Insights and Analysis for Stem Cell Research

Summary: A discussion-based group that focuses on relevant topics to the research and interests of the center with an applied learning component (programming lab) so that individuals can broaden their understanding and knowledge of intellectual and applied aspects of work discussed. The programming aspect will cover specific tools & analyses every other week. During the “off weeks” (odd numbered weeks) a general introductory to programming series will be held to teach members of the center who desire to gain or strengthen computational skills.

Register at <https://tinyurl.com/USCStemCell-journal-coding>

Join Zoom Meeting at <https://usc.zoom.us/j/913477250> (Meeting ID: 913 477 250; Password: 052629)

Postdoctoral Association Events Newsletter

USC and CHLA Events Calendar

USC Trojan Fitness Channel will also be offering LIVE classes via Zoom.

Link: recsports.usc.edu/programs-classes/fitness/group-ex-classes

Visit the website for the Zoom link

Schedule:

Monday – 4PM – Yoga (Lauren)

Monday – 5PM – Hip Hop Cardio (Jen)

Tuesday – 6PM – Zumba (Kat)

Wednesday – 9AM – Yoga (Lauren)

Wednesday – 4:15PM – Cardio Kickboxing (Jen)

Thursday – 10AM – Yoga (Divya)

Thursday – 5PM – Zumba (Shira)

Friday – 4PM – HIIT (Jen)

Friday – 5PM – Zumba (Shira)

Saturday – 11AM – Zumba (Kat)

Sunday- 11AM – Zumba (Shira)

Postdoc Travel Awards application:

postdocs.usc.edu/scholars/career-development/travel-awards

The Postdoctoral Scholar Travel and Training Awards (up to \$3,000) are designed to enable postdocs to attend workshops and conferences or to learn new techniques or perform research at off-site locations or in other labs, experiences which would enhance their training but which cannot be funded through their mentor's grant.

Eligibility: The Postdoctoral Scholar Training and Travel Award is only open to current postdocs in the following job titles: Postdoctoral Scholar – Research Associate (Job Code 98227), Postdoctoral Scholar – Teaching Fellow (98223), Postdoctoral Scholar – Fellowship Trainee (Job Code 98219), and Postdoctoral Research Associate (Job Code 98067).

Deadline: May 22, 2020

Postdoctoral Association Events Newsletter

USC and CHLA Events Calendar

If you get sick...

Postdoc Health Insurance Updates: As the COVID-19 situation continues to evolve, we recognize the important role your health insurance plays in addressing this public health issue. Rest assured, Aetna has taken steps to minimize any potential impact to your care and ensure they continue to offer the services and operations you have come to expect. Aetna has also recently announced these resources and enhancements when applicable:

- Waived member out-of-pockets costs or cost sharing for COVID-19 diagnostic testing and introduced zero co-pay telemedicine visits for the next 90 days, helping to remove barriers to care.
- Waived charges for home delivery of all prescription medications from CVS Pharmacy. They are also actively encouraging 90-day refills of eligible prescriptions and waiving early refill limits on 30-day prescriptions for maintenance medications to prevent the interruption of medication availability.
- Introduced *Healing Better* care packages for members diagnosed with COVID-19, supporting members and helping to keep others in the home protected from potential exposure.
- Offering resources to help address any associated anxiety and stress related to COVID-19, including opening Crisis Response Lines and expanding access 24x7 to the Aetna Nurse Medical Line, among others.
- [CVS Pharmacy® locations will serve as testing sites](#) where any consumer can go to be tested for COVID-19 infection at no cost.
- Talk to a doctor 24/7 via the [Teladoc App](#).
- [Aetna Informed Health Line](#): 24-hr info line for all your health questions where you can speak to a nurse, if needed.

For questions and concerns: clients.garnett-powers.com/pd/usc/contact

Postdoctoral Association Events Newsletter

USC and CHLA Events Calendar

Additional Resources for COVID-19 in Los Angeles and California

- How to stay safe and healthy
- Directives and mandates
- Testing

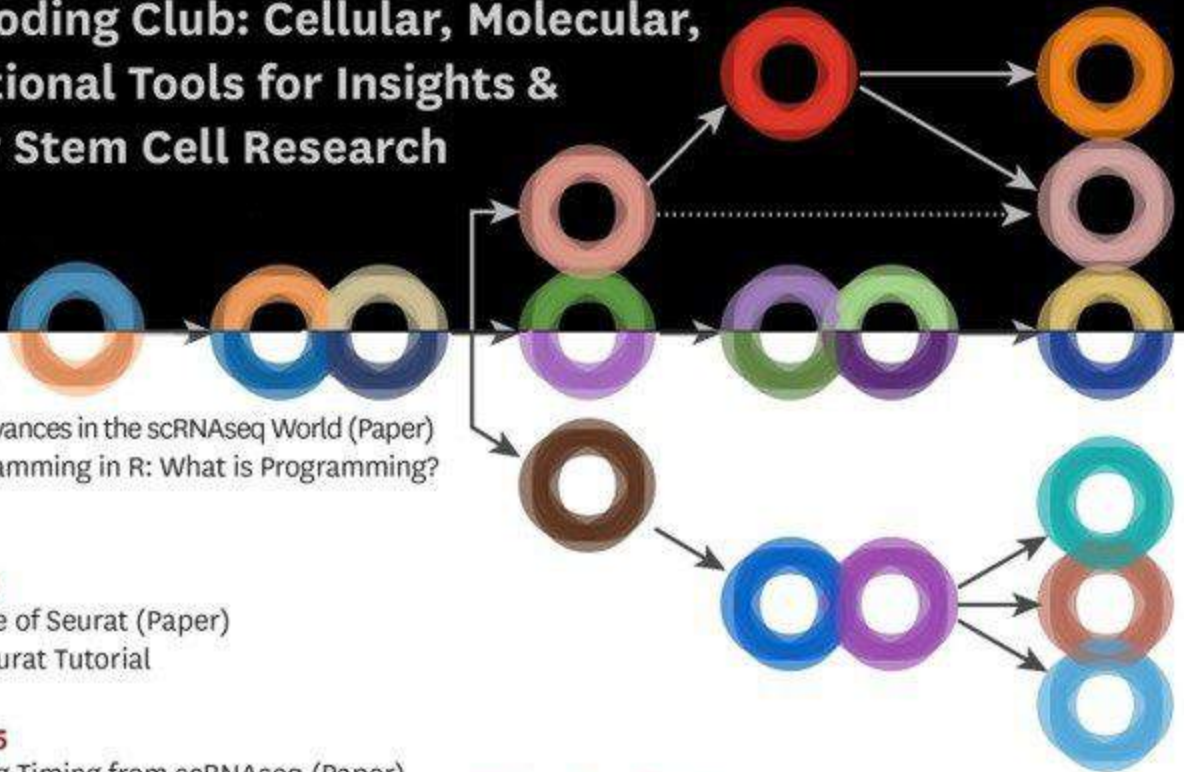
California Department of Public Health
[covid19.ca.gov](https://www.cdph.ca.gov/covid19)

Los Angeles County Public Health
publichealth.lacounty.gov/media/Coronavirus

-- Fight on --

A bronze statue of a muscular man in a loincloth, holding a spear and a shield, standing in front of a brick building with arched windows. The statue is the central focus of the image, set against a background of a large, multi-story brick building with numerous windows and arches. The lighting is bright, suggesting a sunny day.

Journal & Coding Club: Cellular, Molecular, & Computational Tools for Insights & Analysis for Stem Cell Research



Wednesday, April 1

11am-noon Recent Advances in the scRNAseq World (Paper)
2-4pm Intro to Programming in R: What is Programming? R as a Language

Wednesday, April 8

11am-noon Good Use of Seurat (Paper)
2-5pm A Detailed Seurat Tutorial

Wednesday, April 15

11am-noon Assessing Timing from scRNAseq (Paper)
2-4pm Intro to Programming in R: Handling Objects

Wednesday, April 22

11am-noon Good Use of Velocity (Paper)
2-4pm A Detailed Velocity Tutorial

Wednesday, April 29

11am-noon STAR for Alignment (Paper)
2-4pm Intro to Programming in R: Notation and Modifying Values

Wednesday, May 6

11am-noon Investigating Protein-to-DNA Binding (Paper)
2-4pm How to Download Data from NCBI, How to Align Data: STAR Tutorials

Wednesday, May 13

11am-noon Introducing Cut&Run and Cut&Tag (Paper)
2-4pm Intro to Programming in R: Programs and Loops

Wednesday, May 20

11am-12pm Good Use of Cut&Run (Paper)
2-4pm A Detailed Cut&Run and Alignment Tutorial

Wednesday, May 27

11am-noon Integrating of Techniques is Key (Paper)
2-4pm Intro to Programming in R: S3, S4, S5 Class Objects

Wednesday, June 3

11-noon What are Weighted Gene Networks? (Paper)
2-4pm Intro to Programming in R: Data Visualization with Ggplot2

Wednesday, June 10

11am-noon Introducing Spatial Genomics (Paper)
2-4pm Intro to Programming in R: Data Transformation, Tidy, and Factors

Wednesday, June 17

11am-noon 10X Spatial Genomics (Paper)
2-4pm Visualized Spatial Transcriptomics for your Organoids Tutorial

Wednesday, June 24

11am-noon Single Cell ATAC in Your Cells (Paper, Tutorial)
2-4pm Intro to Programming in R: Data Visualization

