

# PhysioLINK

January 26, 2022

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## MESSAGE FROM THE CHAIR

**Today is Bell Let's Talk Day!** It is fitting that this year's motto is "Supporting ourselves and each other". As we navigate the pandemic together, we are all trying to find ways to juggle our school/work/home balance. The Department and University are committed to supporting the wellness of our community, and offer a wide range of resources and supports that we hope you take advantage of.

For trainees - completing your graduate education is sure to be a rich and rewarding experience, but we know it can also be challenging in many ways. The Department of Physiology's goal is to create a safe and inclusive culture where everyone can thrive. Visit [Health, Wellness, and Inclusion | Department of Physiology \(utoronto.ca\)](#) to access resources such as self-care tips, counselling and emergency contacts. The [Home - Student Mental Health Resource \(utoronto.ca\)](#) is another excellent support tool.

The University's [Wellness Hub](#) offers a variety of services, supports, and resources to advance employees' physical, emotional, social and financial well-being.

Employee & Family Assistance Program (EFAP) 24 hours per day, 365 days a year, offers immediate crisis support, confidential short-term counselling, resources and support for all types of work-life issues relating to mental health, career development and transition, financial or legal support and more. To access EFAP services, contact Homewood Health at 1-800-663-1142 or visit [www.homeweb.ca](http://www.homeweb.ca).

Keep well everyone.

**Scott P. Heximer, PhD**

Ernest B. and Leonard B. Smith Chair,  
Department of Physiology

## **Physiology Faculty Awarded Grant from Bell Let's Talk and Brain Canada to Help Combat Depression**



**Drs. Evelyn Lambe and Graham Collingridge**

Congratulations to Drs. Graham Collingridge and Evelyn Lambe who, alongside Drs. Tarek Rajji and Sanjeev Sockalingam, both professors of psychiatry, have been awarded a \$950,000 grant by [Bell Let's Talk and Brain Canada](http://www.bellletstalk.ca). The grant will fund the four professors' collaborative project that combines basic and clinical research on

transcranial magnetic stimulation, or TMS, a form of brain stimulation therapy used to treat depression.

As further detailed by Temerty Medicine News, Collingridge, studies a process called long-term potentiation, in which a brief period of intense neuronal activity leads to a long-lasting increase in the strength of connections between the nerve cells. Lambe is leading the work to optimize the stimulus parameters in the prefrontal cortex, the region targeted by TMS in patients.

"The goal is to optimize treatment to rebuild connections between neurons essential for mood regulation," said Lambe.

Read more about each scientist's role in this exciting collaborative project [here](#) and join us in wishing them much success with this groundbreaking work!

## PHYSIOLOGY SEMINAR SERIES

*~ Eligible for PSL1000H/PSL2000H/PSL4000Y Course Seminar Attendance ~*

### “A Clot has Changed: Novel Regulators of Megakaryocyte Maturation and Platelet Production”

**When:** *Thursday, Feb 3, 2022 04:00 PM Eastern Time (US and Canada)*

**Speaker:** **Kellie Machlus, PhD**

Assistant Professor, Harvard Medical School

Principal Investigator, Boston Children's Hospital

Vascular Biology Program

Website: <https://www.childrenshospital.org/research/labs/megakaryocytes-to-platelets-research-group>

**Join Zoom Webinar:**

<https://us06web.zoom.us/j/83944063411>

**Hosted by the Ni Lab**

## *Upcoming PSL Seminars*

**“TBA”**

**When:** *Thursday, Feb 17, 2022, 04:00 PM Eastern Time (US and Canada)*

**Speaker: Sonya MacParland, PhD**

Scientist, Toronto General Hospital Research Institute (TGHRI)

Associate Professor, Departments of Laboratory Medicine and Pathobiology and Immunology, University of Toronto

Website: <https://www.uhnresearch.ca/researcher/sonya-macparland>

**Join Zoom Webinar:**

<https://us06web.zoom.us/j/86725229003>

**Hosted by the Bear Lab**

### **PHYSIOLOGY SEMINAR SERIES**

*~ Eligible for PSL1000H/PSL2000H/PSL4000Y Course Seminar Attendance ~*

## **“Metabolic regulation of proinsulin trafficking”**

**When:** *Thursday, March 31, 2022, 04:00 PM Eastern Time (US and Canada)*

**Speaker: Samuel Stephens, PhD**

Assistant Professor

Department of Internal Medicine and FOE Diabetes Center

University of Iowa

Website: <https://stephens.lab.uiowa.edu>

**Join Zoom Webinar:**

<https://us06web.zoom.us/j/81550751506>

**Hosted by the Rocheleau Lab**

**Visit Physiology's Home Page to see the Full listing**  
**of our Seminar Series**

## EQUITY DIVERSITY AND INCLUSION COMMITTEE

### Calling all postdocs!

The department's Equity, Diversity, and Inclusion committee is currently looking for two postdoctoral representatives. The committee is comprised of faculty, staff, graduate students, and postdoctoral fellows, and meets on the third Friday of each month from 3 to 4:30 pm.

If you are interested in volunteering for the EDI committee, please send an email to Paula Smellie ([paula.smellie@utoronto.ca](mailto:paula.smellie@utoronto.ca)) with your name, supervisor's name, and a brief statement of interest.



### FAMILY DAY

A reminder that the University of Toronto will be closed on Monday February 21<sup>st</sup> for Family Day.



We hope you enjoy spending the day with the special individuals in your lives.

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***Stay safe everyone!***

**Please continue to visit the central COVID-19 hub  
for the U of T community**

**UTogether**