

OASIS ROOM AT MHC

The newly piloted Opportunity to Achieve Staff Inspiration and Strength (OASIS) Room on the fifth floor of the Fred and Lena Meijer Heart Center is now open for clinicians to access. The 5MHC waiting room was temporarily transformed to give our clinical teams a space to take a break, while supporting social distancing guidelines.

Dr. Kristin Jacob, MD, Medical Director of [The Office of Fulfillment](#) believes this transformation is a necessity for our frontline staff.

“It is so hard to disengage during this time and take a break from work, the news, social media, etc. I hope that by creating a physical space for caregivers to relax, they can set aside even a few minutes during the day to think about their own self-care. We are incredibly grateful for the caregivers on the frontlines, and know that our high acuity areas have hard days ahead of them. We hope that the creation of this OASIS room is a reminder of that appreciation, while also offering a space of respite.”

