



KENNESAW STATE  
UNIVERSITY  
DIVISION OF STUDENT AFFAIRS

NOV 2020 | VOL 2 | ISSUE 3

# HEALTH & WELL-BEING

November Celebrates Homelessness Awareness Week 2-7



## IN THIS ISSUE

PAGE 3

Events Calendar

PAGE 4

FREE HIV Testing  
Empty Bowls  
Sleep Out Challenge

PAGE 5

Backpack Challenge  
Homeless Vigil

PAGE 6

Reverse Vending Machine  
Challenge  
SPARK Prize

PAGE 7

Energy Bites Recipe  
Recipe Tasting Events

PAGE 8

Turkey Trot 5K  
Thanksgiving Facility  
Closures

PAGE 9

Did you know?  
Student Parent Support Group

PAGE 10

KSU Counseling

## KSU Students Gain Valuable Career Skills While Helping Others

*Written by Josh Milton*

Kennesaw State students like Caleb Gloster are finding ways to help others by serving the campus community while also gaining hands-on work experience.

Recently, Gloster worked through the Volunteer in Service to America (VISTA) program with KSU's Campus Awareness, Resource, and Empowerment (CARE) Services, helping KSU students in need providing financial assistance, temporary housing, access to food and support services.

A senior from Alpharetta, Ga., majoring in mechanical engineering, Gloster says that the experience he has gained serving as the manager of the food pantry on KSU's Marietta Campus has given him a new perspective on homelessness.

"It really made me feel good to be able to help other students, and I know that through this experience, I have made a difference in their lives of people my own age," he said.

Marcy Stidum, director of KSU CARE Services, first welcomed the VISTA program to KSU in 2017 and has managed it ever since. VISTA, which is part of a national program that strives to address community needs that focus on improving academic achievement, mentoring youth, and fighting poverty, is part of AmeriCorps, the domestic version of the Peace Corps. "The VISTA program mission aligns directly with what we do at CARE, and we could not accomplish all that we do without the help of our student workers," said Stidum.

*Continues on p.2*

## **KSU Students Gain Valuable Career Skills While Helping Others Continued**

In the past three years, 26 VISTAs have served the University in year-round or summer-specific roles in several campus nonprofit programs such as the food pantry, the food forest, an initiative that works to address food sustainability, and OwlSwap, which promotes fashion sustainability through campus clothing swaps.

Like Gloster, Hannah Davis, a sophomore majoring in marketing, spent her summer as a VISTA, creating workshops for ASCEND, a CARE program that benefits students who were homeless or in foster care during their K-12 education.

“I learned a lot of new things working as a VISTA that I know will be helpful as I continue my education and once I graduate,” Davis said. “But my favorite part was being able to make an impact on new KSU students who were transitioning into college and seeing their development over the course of the summer semester.”

Harris said that her experience as a summer VISTA associate preparing for events and activities and managing PantrySoft, a software used by food pantries to track intake and inventory, also has provided her with valuable skills that she will be able to use both in her future career working in a nonprofit organization and as a student at KSU.

“I gained skills such as flexibility and patience, especially because we had to communicate and do our job in a different way than normal,” said Harris, citing the changes that had to be put in place due to Covid-19. Harris also credits the program with giving her the opportunity to build her leadership skills, which she knows will serve her throughout her life.

“I believe good leaders are always able to make themselves better, but through my work with VISTA and CARE, I’ve learned that good leaders also help make others better, too.”

November 2-7

**homelessness  
awareness  
week** #KSUHAWCARES

# HEALTHY HAPPENINGS NOVEMBER CALENDAR

Join us around campus and online for these great events. Please remember your KSU ID and your face covering.

## HIV and Hepatitis C Testing

Reservations Required.

Call 470-578-6394

Wed. Nov. 11, 11 am-3 pm

SRAC\* 1220

Wed. Nov. 18, 11 am - 3 pm

Marietta Student Center

Second Floor Lobby

## Recipe Tasting:

### CAN Do Attitude

Wed. Nov. 4,

12 pm

SRAC\* 1220

Thurs. Nov. 5,

2 pm

Marietta Student Center

## Recipe Tasting:

### It's Chili in Here

Wed. Nov. 18,

12 pm

SRAC\* 1220

Thurs. Nov. 19,

2 pm

SRAC\* 1220

## Mindful Mondays

Every Monday

12-1 pm

Kennesaw Campus Green

## Women's Climb Night

Tues. Nov. 3,

4-6 pm

Climbing Gym SRAC\*

## Online Events

Visit OwlLife for event registration

## Intramural Sports Trivia

Wed. Nov. 4,

7 pm

Wed. Nov. 11,

7 pm

Wed. Nov. 18,

7 pm

## Recovery Ally Training

Wed. Nov. 4,

11 am - 12:15 pm

## Yoga for Recovery

Wed. Nov. 4

3:30 pm

Wed. Nov. 11

3:30 pm

Wed. Nov. 18

3:30 pm

## Wellness on Wheels: Stress Management

Tues. Nov. 10,

12-2 pm

Thurs. Nov. 28,

12-2 pm

**[Click here to  
subscribe to receive  
the newsletter in  
your email.](#)**

## Online Events

Visit OwlLife for event registration

## CARE About Your Health: Eating Healthy on a Budget

Thurs. Nov. 12,

2 - 3 pm

## Naloxone Training

Wed. Nov. 18,

12:30 - 1:30 pm

## So you think you can't

### PASS?

### Procrastination

Wed. Nov. 4,

3 pm

## Time Management

Thurs. Nov. 12,

3 pm

## Study Skills

Tues. Nov. 17,

2 pm

**Homelessness  
Awareness Week  
events throughout  
the newsletter.**





# HEALTHY HAPPENINGS

## Empty BOWLS

Purchase a bowl.  
Support homeless  
students.

[CARE.KENNESAW.EDU](http://CARE.KENNESAW.EDU)



Empty Bowls Project is an international grassroots effort to raise both money and awareness in the fight to end hunger. KSU CARE is excited to bring Empty Bowls back again to the 13th Annual Homelessness Awareness Week event. This very popular event has been part of HAW Week for three years and has grown each year in attendance and money raised.

This year, to accommodate the current pandemic situation, we will sell tickets in advance with a two-day window for participants to come and select their bowl. We invite you to choose from a large collection of bowls handmade by KSU students, alumni, and local community members. Time slots to choose your bowl will be made at the same time as the ticket purchase. Each bowl will come with a ready to make soup packet from fresh ingredients prepared by KSU Dining.

As we are unable to do an in-person event, we will provide a link to a virtual event that participants can view when their schedule permits. There will also be an optional opportunity on November 5 at 6:30 pm to join some of the partners that are responsible for a program discussion. The virtual program will feature guest speakers presenting on various topics, including homelessness, food waste, and sustainability.

**100% of the ticket sales go directly to CARE Services.**

The change in programming has created challenges but also a wonderful opportunity to enjoy this unique experience with family and friends! Ticket prices are listed below:

Advance Sales ONLY!

\$15.00 KSU Students

\$30.00 Staff, Faculty, Alumni, & Community

4 Bowls and Meals for \$100!

Thursday, November 5, 2020 Zoom meeting link will be emailed with Ticket Confirmation.

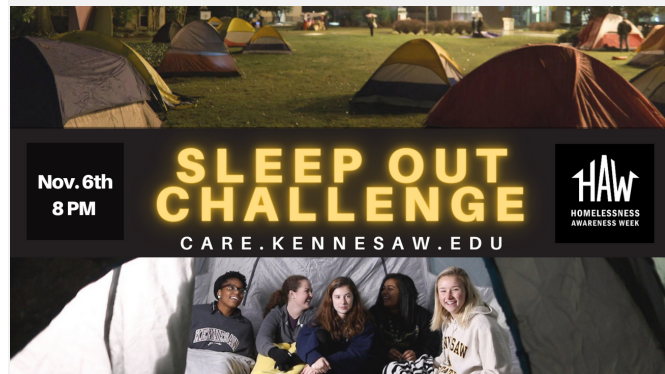
For more information about this event, please email [khenghol@kennesaw.edu](mailto:khenghol@kennesaw.edu)

Prices range from \$15.00 to \$100.00 (price depends on options selected)



## FREE HIV & Hepatitis C Testing

Get Yourself Tested! The CDC recommends that everyone gets tested for HIV at least once as part of routine health care. About 1 in 7 people in the United States who have HIV do not know they have it. Health Promotion and Wellness hosts **FREE** and **confidential** rapid HIV and Hepatitis C testing every month! Call 470-578-6394 to book your appointment



The Sleep Out Challenge is meant to represent the many struggles that some students face on a day to day basis. Students and community members are welcome to participate in the Sleep Out Challenge in person by sleeping in their cars on Marietta Campus following the Vigil, or by tent or couch, and access the events via Zoom. We encourage everyone to grab a tent and pitch it up in their backyard or sleep on a friend's couch with the essentials to get a feel for what homeless students face on a daily basis!



# HEALTHY HAPPENINGS CONT.

## Homelessness Awareness Walk Backpack Challenge

Kennesaw State University would like to bring awareness to the many challenges individuals experiencing homelessness endure. We are conducting a homeless awareness walk on Monday, November 2, 2020. As an individual experiencing homelessness, if you don't have a car or another safe place to store your belongings, you may be forced to carry everything you own on your person. Hence, we have created the backpack challenge, to empathize with our homeless neighbors. While you participate in the Walk, we challenge you to carry a backpack with as many of these supplies as you can. Think of what it feels like to be limited to the contents of a backpack serving as your only worldly possessions.



## BACKPACK CHALLENGE



- Dental care products
- Deodorant
- A spare change of clothes
- Body wipes
- Snacks/canned goods
- Can opener
- Feminine hygiene products
- Fingernail clippers
- A book/notebook
- A reusable bottle
- Garbage bags
- Kleenex or tissue
- Comb/brush

Share your experience with  
**#KSUHWCARES**  
**@ksuwellness**  
**@Ksu\_care**



**[Click here to subscribe to receive the newsletter in your email.](#)**

YOU ARE INVITED  
November 6th

## Cobb County Homeless Vigil

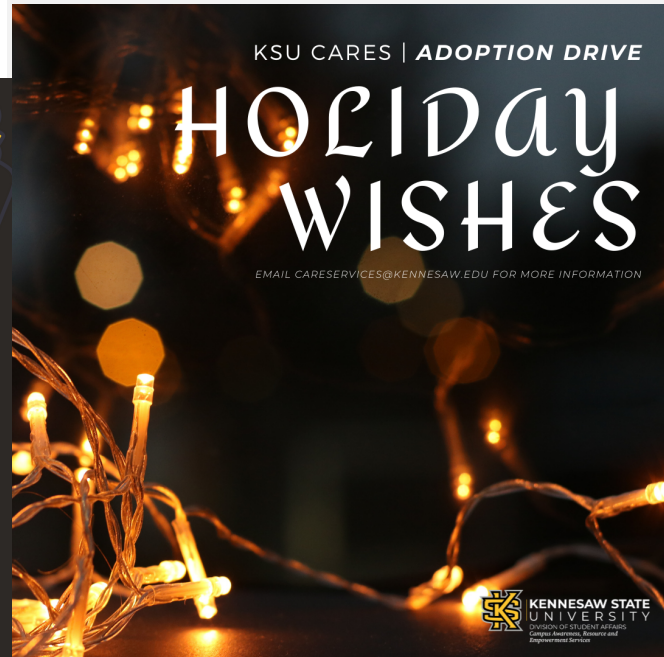
[care.kennesaw.edu](http://care.kennesaw.edu)

The 13th Annual Cobb County Homeless Vigil is a candlelight service that recognizes and remembers the lives of those lost in Cobb County while experiencing homelessness. This Vigil will be hosted on Facebook LIVE, honoring the lives of those who have passed while experiencing homelessness in Cobb County this year.

KSU CARES | ADOPTION DRIVE

## HOLIDAY WISHES

EMAIL CARESERVICES@KENNESAW.EDU FOR MORE INFORMATION



Each year, CARE Services provides our students the opportunity to request their Holiday Wishes for our university and community partners to adopt. Items are compiled into an Amazon registry to make the adoption process as easy as possible for our donors. Items will be wrapped and delivered to CARE students in December. To learn more about how to give, [click here](#), and thank you for CARE'ing!



# HEALTHY HAPPENINGS CONT.

## KSU CARES pantry continues to provide food to any KSU student!

In an effort to follow CDC and DPH guidelines, and ensure the safety of our students and staff, we are limiting physical access to the pantry.

Marietta Campus is now offering completely contact-less shopping! The pantry managers will now prepare packages based on the preferences selected online, take it to the Campus Postal Services, and shoppers will receive a code to pick up their order from a designated post box! On Kennesaw Campus, students can now order online and schedule a time to pick up pre-packaged pantry orders at CARE Services in Carmicheal Student Center Room 172!



CARE for social change is a Social Media Campaign on [@ksu\\_care](https://www.instagram.com/ksu_care) leading up to Homeless Awareness Week and Election Day. Stay informed with 11 Election Day Facts to Fight Homelessness and the Social Change Model from Student Advocacy.

## THE REVERSE VENDING CHALLENGE

ENTER TO WIN A \$100 GIFT CARD BY FOLLOWING 3 SIMPLE STEPS:



10/26 - 11/20

- 1 USE A REVERSE VENDING MACHINE
- 2 POST A SELFIE FOR PROOF
- 3 TAG: @KSU\_CARES @KSUWELLNESS



## AmeriCorps

### KSU VISTA Program

Taking a GAP year? Want to do social good? Need money to pay back loans? Join KSU's VISTA Network! KSU's VISTA Network is looking for a Capacity Builder for Cultural & Community Centers. Joining as a VISTA brings forth a multitude of opportunities and benefits, [read more about it here!](#)



The United Way of Greater Atlanta SPARK Prize Competition is partnering with KSU, Cobb Community Foundation, and Cobb Collaborative to award grants funding collaborative & innovative projects that address homeless challenges and child well-being in Cobb County. The competition for grants will be hosted LIVE on Facebook on Kennesaw State CARE's page. [bit.ly/SPARKPrize](https://bit.ly/SPARKPrize)

# NUTRITION

## Cooking at Home

by Trang Pham, Dietitian



Eating out is a quick and easy option when you are busy but eating out can be EXPENSIVE. Moreover, convenience and processed foods can take a toll on your mood and health because they are typically high in sodium, sugar, preservatives, unhealthy fats, and calories—all things that can derail a healthy diet. On the other hand, preparing and eating meals at home saves money and allows you to control the ingredients in a dish. Meals made from wholesome foods can help you feel healthier, boost your energy, stabilize your mood, and may even improve your sleep and resilience to stress.

During these uncertain times, many students are cooking and eating at home more than ever before. While cooking at home does not have to be complicated, some students have raised their culinary skills to another level. Raven Armstrong, a senior Public Relations major at KSU, sees cooking as a fantastic way to get creative and experiment with new recipes and cooking techniques. She admits that she can spend an entire day just baking and cooking.

## Visit a Recipe Tasting

Come try samples of the featured recipe. (*While supplies last, dates and times subject to change.*)

\*Student Recreation & Activities Center



**It's Chili In Here  
Pumpkin Chili**  
SRAC\* Rm 1220

Wed. Nov. 18,  
12:30 pm  
Thurs. Nov. 19,  
2 pm

**CAN Do Attitude  
Energy Bites**

SRAC\* Rm 1220  
Wed. Nov. 4,  
12:30 pm

Marietta Student Center  
Thurs. Nov. 5,  
2 pm

## Cooking Corner



### BUDGET

#### ingredients

- 2/3 cup peanut butter
- 1 cup dry oats
- 1/4 cup raisins

#### directions

- Combine all ingredients in large bowl and stir until thoroughly mixed.
- Cover and chill for 30 minutes.
- Once chilled, scoop out mixture and roll into balls of about 1" diameter.
- Store in an airtight container and keep refrigerated for up to 1 week or freeze for up to 1 month.

**FUN FACT:** Oats are a great source of whole grains and there are many types of oats. Visit the Oats Everyday website below to learn more.

<https://oatseveryday.com/blog/types-of-oats/>

Makes 16-18 bites  
Source: Tasty

Scan for  
recipe video!



### FANCY

#### ingredients

- 2/3 cup nut butter (peanut, almond, cashew, etc.)
- 1 cup dry oats
- 1 1/2 teaspoon honey
- 1/4 cup chocolate chips
- 1/4 cup chopped dried fruit (raisins, bananas, cranberries, apricot, etc.)
- Additional oats for rolling

#### directions

- Combine all ingredients (except additional oats) in large bowl and stir until thoroughly mixed.
- Cover and chill for 30 minutes.
- Once chilled, scoop out mixture and roll into 1" balls.
- Roll bites in additional oats to coat.
- Store in an airtight container and keep refrigerated for up to 1 week or in freezer for up to 1 month.

Makes 16-18 bites  
Source: Tasty

Scan for  
recipe video!



**KENNESAW STATE  
UNIVERSITY**  
DIVISION OF STUDENT AFFAIRS  
Health Promotion and Wellness



# FITNESS



Run the 46th annual Turkey Trot 5K (virtual edition) hosted by Sports and Recreation! Complete the 3.1 miles at your own pace, anywhere you can - outside, on a treadmill, or on a track!

Send in proof of your 5K (snap a photo or show us on your activity tracker) by completing the form on the Sports and Recreation OwlLife page! Results can be submitted anytime November 1-30th! The top runners will receive a \$50 gift card to Big Peach Running Company!

Confirmation and t-shirt pick up information will be emailed to you. T-shirts only available while supplies last!

- While we are unable to host our annual food drive, we are encouraging those interested to support KSU students in need through [CARE Services Amazon Holiday Wishlist!](#)

## Intramural Sports Geo Guessr

Registration: Nov 9 - Nov 20

Season: November 30 - December 4



Travel the world virtually with Intramural Sports by playing [GeoGuessr!](#) This game places participants on maps at random locations throughout the world. Use the clues from the map to guess where you are! Points are awarded based on how far away your guess is from the true location. Register to play between 11/9-11/20 for game play 11/30-12/4! For additional details, [check out the IM Sports webpage!](#)



### SRAC & RWC HOURS

NOVEMBER 25:  
7AM-6:30PM

NOVEMBER 26-29:  
CLOSED

### OWLS NEST & THE PERCH

NOVEMBER 23-29:

CLOSED



## Thanksgiving Closures

Sports and Recreation facilities will have modified hours or the Thanksgiving holiday! Please continue to make a [facility reservation](#) to workout!

## GROUP FITNESS



OwlFit Programs offers a variety of group fitness classes suitable for all experience and fitness levels. Formats include Yoga, Cycling, Zumba®, Guts & Butts, & more! Fitness classes are free to KSU students and Sports and Recreation members. In-person group fitness classes are now available! Spots are very limited for each class - be sure to register early! Don't worry, our virtual classes will still be available on [YouTube Live!](#) Find the class schedule and registration links on our [website!](#)

## Intramural Sports KSU's Fastest Times

Can you be the fastest on campus?

Check out some on-campus routes and complete by running, walking or biking them! Submit your route times to [IMSports@kennesaw.edu](mailto:IMSports@kennesaw.edu) to be entered on the leaderboard.



## CHILDREN & FAMILY PROGRAMS

AT THE CENTER FOR CONFLICT MANAGEMENT

NOW ENROLLING

## Students who Parent Support Group

**FREE**  
for KSU  
students

To register, email Karla Ramirez [kramir11@students.kennesaw.edu](mailto:kramir11@students.kennesaw.edu)

The Children & Family Programs @ KSU in collaboration with the Office of Diversity & Inclusion has developed a support group for Student-Parents (students who are parenting). This group meets (virtually right now) twice a month, and provides information about resources from both the university and the community to support parents as they pursue a degree.

In addition, student-parents are paired with advocates to help them navigate these systems. This program has information about homeless services, as well as interventions to prevent homelessness. If you are a student-parent and would like further information, please contact Karla Ramirez at: [kramir11@students.kennesaw.edu](mailto:kramir11@students.kennesaw.edu).

## DID YOU KNOW?

- There are approximately an underreported 600,000 homeless individuals in the United States
- According to a study from the University of Iowa, 45% of college students experience some form of housing insecurity
- Nationally 45% of homeless individuals have a high school diploma
- 25% of the homeless population are employed
- Almost 40% of people experiencing homelessness in the United States are female



# KSU VIRTUAL COUNSELING

Please note, per Georgia Law, students who are under the age of 18 will need parent or guardian consent to receive counseling services.



## NUTRITION COUNSELING

To help KSU students improve their health and well-being, Health Promotion and Wellness offers individual counseling with a Registered Dietitian to address nutrition-related questions and concerns. Currently, counseling services are offered via video conferencing using Microsoft Teams and is available to all KSU students living in state.

Interested students can self-schedule a nutrition screening appointment by visiting the [Health Promotion and Wellness Patient Portal](#). For more information, visit [Health Promotion and Wellness/Programs and Services/Nutrition Services](#).



## COUNSELING AND PSYCHOLOGICAL SERVICES

The staff of Counseling and Psychological Services (CPS) are here to help with all the struggles and challenges that come with college, including those that have been exacerbated by COVID-19. We know that the changes to our daily lives have had a necessary impact on all of our mental health. Increased uncertainty, loss of routines and support, and general disruption of our typical ways of navigating the world all add weight to our baseline level of functioning. These challenges can increase anxiety, depression, and interpersonal conflict, but they can also offer us the chance to examine our behaviors and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; create a routine that works for you and keep it; set priorities and focus on these; stay connected to your support system; balance time spent on social media or other mediums that cause distress. Finally, make self-care a necessity; this includes protecting your sleep, putting good things in your body, and being active. All CPS services are available and being delivered via tele-mental health, and you can learn more at [counseling.kennesaw.edu](https://counseling.kennesaw.edu).

## RECOVERY COUNSELING

The Center for Young Adult Addiction and Recovery offers counseling services for students in recovery and to those recovery curious students struggling with substance misuse and process dependency (gambling, eating disorders, gaming). We allow students to explore change.

For additional information, please email [recovery@kennesaw.edu](mailto:recovery@kennesaw.edu).

## CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY MEETINGS

The CYAAR is hosting virtual Alcoholics Anonymous meetings on Tuesdays at 12:30 pm  
[Click here for Zoom Meeting](#).

The CYAAR is hosting virtual Eating Disorder Anonymous meetings on Wednesdays at 6:30 pm  
[Click Here for Zoom Meeting](#).

## Follow on Social!

Health Promotion & Wellness



Counseling and Psychological Services



CARE Services



Center for Young Adult Addiction and Recovery



Sports & Recreation



KENNESAW STATE UNIVERSITY

**SUGGESTION BOX** DIVISION OF STUDENT AFFAIRS

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls  
[wellctr@kennesaw.edu](mailto:wellctr@kennesaw.edu).

For the latest COVID-19 updates visit: <https://coronavirus.kennesaw.edu/>