

Viking Newsletter

March 30 – April 5, 2020



#WeAreStillEngaged



Greetings Vikings and happy Monday to you! We hope you had a good weekend are doing well during this time and taking care of yourself!

This week is Student Government Elections, make sure you vote! Stay strong Vikings, and be well!

Remember to check the university's website for up-to-date information regarding CSU COVID-19 Updates at:
<https://www.csuohio.edu/coronavirus-update>

Student Government Association Election

The SGA election is being held online this week starting **Tuesday, March 31 at 12:00 a.m. and will run until Thursday, April 2 at 11:59 p.m.** The [CSU Board of Elections](#) has created the SGA ballot for you to vote via [VikesConnect](#). You will need to log into VikesConnect using your CSU ID number and password. You can read up and watch candidate videos on the [Board of Elections Facebook page](#) or on the [Board of Elections Instagram account](#).

The link to vote is: <https://bit.ly/SGAElection2020>
Voting will begin Tuesday, March 31 at 12:00 a.m.

Make sure your voice is heard and vote!!

Weekly Online Engagement Calendar - #WeAreStillEngaged

Student Involvement is partnering with various campus departments and programs to bring you opportunities to engage remotely each day of the week! Each day will be a different way for you to connect and be part of the university community from your home! Make sure to follow Student Life's social media for more information!

- **3/30 Motivation Monday** – Look for information to keep yourself updated and motivated while working remotely!
- **3/31 Instagram Trivia Tuesday** – Follow our Instagram account (@clestatestudentlife) to join us for Trivia Tuesday! Those who answer correctly are entered for a chance to win a \$50 Amazon Gift Card! The more answers you get correct, the more chances you have to win! Winners will be notified Wednesday via Instagram Direct Message. **This week's trivia theme is movies!**

- **4/1 Wellness Wednesday** – Student Involvement will be sharing health & wellness information, workout videos and other ways to stay healthy at home from our campus partners in the Health & Wellness Center and Campus Recreation!
 - **4/2 Townhall Thursday** – Student Involvement will be hosting another student organization Zoom meeting focusing on student organization registrations.
 - **3/27 Fun Friday – Friday Afternoon Couch Time: Netflix Party Edition! "Spider-Man: Into the Spider-Verse"**. Join the Center for Student Involvement for a Netflix Party when we watch "Spider-Man: Into the Spider-Verse". **To get the link, you must RSVP to this event.** Link and instructions will be sent to you by 3pm on Friday, April 3. The movie will start at 4:00 p.m. RSVP in VikesConnect at: <https://vikesconnect.csuohio.edu/event/5685489>
-

President Sands Facebook Virtual Town Hall

Wednesday, April 1

1:00 p.m.

Join CSU President Harlan Sands for his next Facebook live Virtual Town Hall on **Wednesday, April 1 at 1:00 p.m.** where he will update the CSU community regarding the latest news and developments and answer students' questions. You can watch live at: <https://www.facebook.com/clevelandstateuniversity/>

CSU Rec Happenings: March 30- April 4th

[CSU Recreation Center](https://www.csuohio.edu/recreationcenter/virtual-rec) is offering many virtual events to help keep you in shape while at home! You can go to: <https://www.csuohio.edu/recreationcenter/virtual-rec>

Facebook and Instagram Live

Wellness Chat: Monday, March 30th 9a.m.

Exercise Snacks: Sneaking in movement to combat excessive sitting

Join Melissa Albers, Assistant Director of Fitness and Aquatics, live on Facebook and Instagram on Monday, March 30th at 9a.m. EST as she discusses the concept of exercise snacks and the importance of incorporating movement or exercise snack breaks in our stay at home lives. Join in to catch the tips, tricks, and sample movements you can do from your home.

Virtual Group Fitness Offerings:

Monday

12-12:45pm Yoga- Emily F. <https://csuohio.zoom.us/j/159922005>

6-6:30pm HIIT- Angie <https://csuohio.zoom.us/j/351852042>

Tuesday

12-12:30pm WERQ- Emma <https://csuohio.zoom.us/j/411343058>

5:15-5:45pm Bodyweight Bootcamp- Kevin <https://csuohio.zoom.us/j/298873299>

6-6:30pm Core Blast- Emily O. <https://csuohio.zoom.us/j/463689468>

7-7:45pm Yoga- Kaylee <https://csuohio.zoom.us/j/238133912>

Wednesday

6-6:45am Yoga- Angie <https://csuohio.zoom.us/j/770232719>

12-12:30pm HIIT-Kristen <https://csuohio.zoom.us/j/740763427>

6-6:30pm Core Blast- Brandon <https://csuohio.zoom.us/j/852603604>

Thursday

12-12:30pm WERQ- Emma <https://csuohio.zoom.us/j/411343058>

5:15-5:45pm Bodyweight Bootcamp- Kevin <https://csuohio.zoom.us/j/298873299>

6-6:30pm Core Blast- Emily O. <https://csuohio.zoom.us/j/463689468>

Friday

12-12:45 Yoga- Emily F. <https://csuohio.zoom.us/j/159922005>

Saturday

10-10:45am Yoga- Kaylee <https://csuohio.zoom.us/j/377292647>

2020 Student Trustee Application – Deadline Extended!

Applications are now being accepted for Student Trustee. **The application deadline has been extended to Friday, April 10, 2020 midnight.**

The requirements for students are as follows:

- Open to all full time CSU students:
 - Undergraduate Students \geq 12 credits
 - Graduate Students \geq 9 credits
 - Law School Students \geq 9 credits
- 3.0 cumulative GPA or higher
- Must be currently enrolled in an academic program, or already admitted to a graduate program, that will continue (at least) until May 2022.
- Current undergraduates must be at least Sophomore status at the time of assuming the position.
- Must currently be a registered Ohio voter.
- No student is permitted to simultaneously hold an SGA executive board position and serve as a Student Trustee

[If interested, please click this link to complete the application.](#)

Interview process will include an application review and an interview for finalists.

Apply to be a Camp Vike Counselor

The Center for Student Involvement is seeking Camp Counselors for Camp Vike 2020! The Camp Counselors will serve as mentors to the participants in Camp Vike, which consists of roughly 100 first-year students. Counselors will help attendees process their experiences through formal and informal discussions, assist staff with the implementation of the camp, and serve as a point of contact before, during, and after Camp Vike.

Camp Vike will take place from **Sunday, August 9th to Tuesday, August 11th, 2020** at Beulah Beach in Vermilion, Ohio. Transportation will be provided to and from the camp for counselors. Counselors must also be available for staff training in early July and to assist with orientation tables throughout the summer. The orientation dates are as follows:

- Thursday, May 21st
- Thursday, May 28th
- Thursday, June 4th
- Saturday, June 6th
- Thursday, June 18th
- Saturday, June 20th
- Thursday, June 25th
- Thursday, July 9th
- Thursday, July 16th
- Thursday, July 23rd
- Thursday, July 30th

Applications are due Sunday, April 5th at 11:00PM

[CLICK HERE TO APPLY](#)

Questions can be directed to Micaela Ostheimer at m.ostheimer@csuohio.edu

Emergency Act to Preserve GI Bill Payments Becomes Law

Students utilizing the GI Bill can rest assured their benefits will continue uninterrupted. On March 21st, the President signed into law a provision that allows recipients to continue to receive 100% of their benefits including BAH in emergency situations where courses are converted to distance learning. No action is required by students. Students should expect their regular payments on schedule. More information on the measure can be found here: <https://www.military.com/daily-news/2020/03/21/emergency-act-preserve-gi-bill-payments-becomes-law.html>

Veteran Military Resource Center Virtual Front Desk

The Veteran Resource Center may be closed during this time, but they will be available using Zoom as a virtual front desk.

Monday through Friday

9:00 am - 6:00 pm

<https://csuohio.zoom.us/j/475577866>

Meeting ID: 475-577-866

Health & Wellness Services During Remote Learning

[Health & Wellness Services](#) will be working remotely from 3/30 until at least 4/13/2020 providing telehealth care which should be able to provide for the majority of your health care needs. Their CSU telehealth visits will not cost you anything out of pocket. Please call them at 216-687-3649 between 8am -4:30pm Monday through Friday. They will update this information as needed. You may also email questions to Health & Wellness at healthandwellness@csuohio.edu. They will respond during working hours.

FOR EMERGENCIES CALL 911

AFTER HOURS TELEDOC 855-281-6556 FULLY COVERED BY CSU STUDENT HEALTH INSURANCE AND MOST OTHER INSURANCES.

Wellness Coaching Available!

Student Wellness programs is offering a FREE 1:1 coaching conversation available to undergraduate and graduate students. Wellness coaching uses a person's own motivations and strengths to identify and support behavior change(s) through a collaborative, non-judgmental partnership. Coaching will focus on creating achievable goals and plans to stay balanced in as many areas of wellness as possible. Wellness includes physical, social, emotional/mental, intellectual, spiritual, financial, and environmental aspects of our being. This is an educational approach to overcoming barriers and is not a therapy or counseling session. Concerns with anxiety, depression, and mental health are best addressed by the CSU Counseling Center at 216-687-2277.

To register for Wellness Coaching, please visit their website at: <https://www.csuohio.edu/studentwellness/wellness-coaching> and complete the form or contact Denise Keary at d.keary@csuohio.edu

Student Organization Officers Zoom Meeting

Thursday, April 2
3:00 p.m. – 4:30 p.m.

Student organization officers and advisors are invited to join Dan Lenhart from the Center for Student Involvement to a Zoom meeting regarding topics about officer elections, fall 2020 registration, review of the VikesConnect platform and to take your questions. To join the meeting, go to: <https://csuohio.zoom.us/j/407137178>

#WeAreStillEngaged

Lift Up Vikes Recipe of the Week

Easy Lentil Soup

- 1 1/2 cups lentils, rinsed (do not soak)
- 2 stalks celery, small dice
- 3 carrots, medium, peeled and cut in small dice
- 1 yellow onion, large, cut in small dice
- 2 cloves garlic, minced
- 3 tbsp canola oil
- 1 1/2 can diced tomato, with juice
- 5 oz baby spinach
- 2 quarts vegetable, or chicken stock
- 2 bay leaves
- 1/2 tsp fresh thyme leaves
- 1 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper

In a medium-large stock pot, heat oil until barely shimmering. Add onion, celery and carrots. Season with salt and pepper. Cook over medium heat until starting to soften, 5 - 10 minutes.

Add garlic and cook another 5 minutes, stirring frequently.

Add tomatoes and their juice, cook 2 - 3 minutes then add stock, bay leaves, thyme and lentils. Season again with salt and pepper. Taste and adjust if necessary, adding more salt and/or pepper if needed.

Stir to combine, cover and simmer until lentils are beginning to soften, about 20 minutes.

Add baby spinach (Or other greens you might have!) and stir in to wilt.

(c/o pookspantry.com)

Please don't forget that if you need additional help or connection to resources, please email us at liftupvikes@csuohio.edu.

Make sure to visit [VikesConnect!](#)



© 2020 The Department of Student Life
2121 Euclid Ave, SC 319
Cleveland, OH 44115
216.687.2048
www.csuohio.edu/studentlife

Follow Us:

