

November 8 - 14

HSC ROUNDS

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Mobile Apps at the Library

Many of the TTUHSC Libraries' resources have free mobile apps and clinical tools that you can install on your mobile devices. Some of the resources do require registration before installing. For more information on the resources that are available, please see our webpage: <https://ttuhsc.libguides.com/apps>.

Find Your Zone - 3rd Event

Students within health profession programs experience high physical, cognitive, and psychological demands, leading to occupational imbalance, which impacts their overall emotional health and well-being. Occupational imbalance occurs when there is insufficient time for one's own occupational interests and growth amongst the areas of activities of daily living, work/productive activity, leisure, rest, and social participation.

This series of Fall events provides students with specifically designed creative and leisure activities that facilitate a health-enhancing flow experiences and ultimately restore occupational balance once routinized over time. The third event on November 17th will focus on Resilience and Paper Quilling. Paper quilling is an ancient art form that involves manipulating and arranging small strips of paper into detailed designs. RSVP by emailing Laurie.Stetler@ttuhsc.edu (limited to 20 students).

Toys for Tots Drive

Please help make a child's holiday memorable by donating a new, unopened toy to one of the following locations:

- HSC Student Affairs, 2C400
- Veterans Resource Center, Preston Smith Library, Room 218

Donation drive November 3rd to December 6th. Toys will be distributed by the U.S. Marine Corps Reserve to families in Lubbock and the surrounding communities. Families are able to request a toy by November 30th on the Lubbock Toys for Tots website. We are thankful to all the faculty, staff, students, and community members who support this campaign each year!

Need Help Finding Peer-Reviewed Articles?

If you have a class assignment that requires finding peer-reviewed articles, the TTUHSC Library has a webpage that helps you identify different methods on locating and accessing peer-reviewed articles: <https://ttuhsc.libguides.com/PeerReview>.

Grant Funds Available for Promoting Student Wellness

Well Beyond, the TTUHSC QEP, has grant funds available for faculty, staff, or students who want to create a project or program to enhance the emotional wellness of TTUHSC students. Up to \$1,000 per grant is available. The grant application can be accessed at <https://bit.ly/2XTVB9E>. November 15 is the deadline for submitting a grant application for the Spring 2022 semester. For more information regarding this opportunity, please check out the grant application and/or contact Dr. Alan Korinek, QEP Co-Director (806-743-6175; alan.korinek@ttuhsc.edu).

Amarillo Raider Market Food Pantry Blessing Bags

The Amarillo Campus Food Pantry, Raider Market, is hosting its annual food drive. We are asking that individuals or groups go in together to fill a blessing bag to help someone on the Amarillo Campus that may need help providing a holiday meal to their family. Raider Market has created a list of foods needed to fill a blessing bag and stapled the list to a paper bag. You can pick up the bag and list at the Lobby reception desk at the main entrance to the SOM, or you can download the flyer at <https://bit.ly/3nVo1JA>. Don't feel like shopping, Venmo Raider Market and we will do the shopping for you.

We ask that the bags be returned to a Raider Market member no later than November 19, 2021. You may return the bag to the front desk at SOM Lobby or to Dena Hair, 414.9291, dena.hair@ttuhsc.edu or Kim Akins at 414.9306, kim.akers@ttuhsc.edu. Thank you so much for your continued support. Raider Market could not make this possible without your help.



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
HELPING HANDS FOOD PANTRY

TTUHSC Helping Hands Food Pantry

The TTUHSC Helping Hands Food Pantry is an ongoing endeavor of the TTUHSC community working together to fight and end food insecurity for the members of the TTUHSC family (students, staff and faculty). The Helping Hands Food Pantry has established Kindness Kits to battle against food insecurity within our community. Any member of the TTUHSC family may submit a request for a Kindness Kit for themselves or another TTUHSC family member. All requests are confidential. The requestor will be contacted within three hours of submitting the application Monday through Friday between 8-5. The kit can be picked up at the Preston Smith Library in Lubbock or a scheduled location within any of our HSC campus's located in Abilene, Amarillo, Dallas and Odessa.

To Request a Kindness Kit for yourself or someone else, please submit a form at our website at: <https://hscweb.ttuhsu.edu/helpinghands/>. To make monetary donations please visit: <https://donate.give2tech.com/?fid=H251099>. For questions please contact us at helpinghands@ttuhsu.edu.

UPCOMING EVENTS

Alzheimer's Disease Awareness Month

Care Partner Academy will feature guest speaker Jeremy Brown, MD the Executive Director of Hospice Lubbock to discuss *Taking Care of the Caregiver When Hospice Steps In*.

- Tuesday, November 9th | 1 - 2 pm | Zoom: <https://ttuhsu.zoom.us/j/93712419544>

OPV Webinar

Join the Office of People & Values for their webinars focusing on various topics. In this webinar, we will explore the last of 3 of the 5 Languages of Appreciation.

- Thursday, November 11th | 10 - 11 am | Zoom: <https://ttuhsu.zoom.us/j/92062572162>



Global Health Lecture

Join the Office of Global Health for their monthly lecture series on issues related to global health. This month's lecture is "Information literacy and demystifying science" featuring guest speaker Dr. Nini Munoz, Ph.D.

- Thursday, November 11th | 12 - 1 pm | Zoom:
https://ttuhsc.zoom.us/webinar/register/2016305328989/WN_D-w6Hc1RTGikMa7Jx5N4tg

STUDENT ORGS

Update HSC Net Roster

As we get closer to the end of the semester, please remember to make any updates needed to your organization's roster in HSC Net. Any officer or advisor changes should be updated on the roster within 10 business days. Keeping your roster up to date helps to ensure we contact the correct officers and advisors with any updates or upcoming deadlines.

Submit an Announcement
Request

Connect with the Student Life Office



Student.Life@ttuhsc.edu | (806) 743-2302 | www.ttuhsc.edu/student-life