

November 15 - 28

# HSC ROUNDS

## Office of Student Life

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### Endowed Phonathon Scholarship Open

The Endowed Phonathon Scholarship application is open! To be eligible to apply for this scholarship you must be currently attending classes at TTUHSC and academically in good standing. The scholarships are awarded in recognition of school activities, community service, employment, and research. Awards will apply to the Fall 2022 semester; if the recipient is graduating in Spring or Summer 2022 the award will apply to their final semester.

Scholarship application: <https://app4.ttuhs.edu/EndowedScholarship/>

The submission deadline for the application is 5:00 pm (CST), December 13, 2021. If you have any issues submitting the application, please send an email to [Student.Life@ttuhsc.edu](mailto:Student.Life@ttuhsc.edu).

### Grant Funds Available for Promoting Student Wellness - Deadline Nov. 15

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>. Today, 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](mailto:alan.korinek@ttuhsc.edu)).

## **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

The donation drive ends on December 6th. Toys will be distributed by the U.S. Marine Corps Reserve to families in Lubbock and the surrounding communities. We are thankful to all the faculty, staff, students, and community members who support this campaign each year!

## **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](mailto:dena.hair@ttuhsc.edu) or Kim Akins at 414.9306, [kim.akins@ttuhsc.edu](mailto:kim.akins@ttuhsc.edu). Thank you so much for your continued support. Raider Market could not make this possible without your help.

## **TTUHSC Libraries Holiday Closure**

The TTUHSC Libraries in Amarillo, Lubbock, and Odessa will close at 5PM on Wednesday, November 24th. The Libraries will be closed November 25-28, 2021. Normal library hours will resume on Monday, November 29th.

## **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.ttuhsc.edu/helpinghands/>. To make monetary donations please visit: <https://donate.give2tech.com//?fid=H251099>. For questions please contact us at [helpinghands@ttuhsc.edu](mailto:helpinghands@ttuhsc.edu).



## Thanksgiving Resources

Thanksgiving Day is an annual holiday observed in the US and Canada to celebrate the harvest of the past year. The holiday continues to be a day for feasting, football, family, and most importantly, giving. We know some of you may be unable to travel this year and unable to be with friends and family, but would still appreciate a Thanksgiving meal. Below is a list of free Thanksgiving meals in your area.

**Abilene:** Salvation Army Thanksgiving Luncheon - 1726 Butternut Street

**Amarillo:** Salvation Army Community Thanksgiving 4-6 pm - 400 S. Harrison Street

**Dallas:**

- Operation Turkey Event - 8 am - 12 pm - Gilley's Dallas, 1135 Botham Jean Blvd.
- Redbird Thanksgiving Food Box Giveaway - Nov 20th 10 am-1 pm - Antioch Fellowship Missionary Baptist Church, 7550 S. Hampton Rd.

**Lubbock:**

- Salvation Army Thanksgiving Luncheon - 1111 16th Street

**Permian Basin:** Curbside Bistro 11 am - 3816 Andrews Hwy, Odessa, TX

Below we have linked to lists of restaurants that will be open for takeout or dine-in service on Thanksgiving Day around each of our campus locations.

- Abilene: <https://bit.ly/30fT8re>
- Amarillo: <https://bit.ly/3c3Q8Rq>
- Dallas: <https://bit.ly/3kswWRK>
- Lubbock: <https://bit.ly/3C9486V>
- Midland: <https://bit.ly/3D9b0Cu>
- Odessa: <https://bit.ly/3bYOsIS>



## Have a safe and restful Thanksgiving Break!

All TTUHSC Offices will be closed on Thursday, November 25 and Friday 26th. Regular office hours will resume on Monday, November 29th.

# UPCOMING EVENTS

## OPV Webinars

Join the Office of People & Values for their webinars focusing on various topics. During this one-hour webinar we will discover how to turn around a constant complainer, energy vampire, negative team member, friend or relative by asking 3 simple questions which leads to more engaged, meaningful and positive conversations.

- Tuesday, November 16th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/93615828150>

In this webinar, we will discuss having gratitude when dealing with challenging personalities.

- Thursday, November 18th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/99823136880>

## Find Your Zone - 3rd Event

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 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](mailto:Laurie.Stetler@ttuhsc.edu) (limited to 20 students).

- Wednesday, November 17th | 4 - 6 pm | Virtual

## Alzheimer's Disease Awareness Month

Care Partner Academy will feature guest speaker Jonathan Singer, PhD Assistant Professor in Clinical Psychology at TTU to discuss *Stress Management for Older Adults*.

- Wednesday, November 17th | 3 - 4 pm | Zoom: <https://ttuhsc.zoom.us/j/93712419544>

Dr. Henachandra Reddy to discuss the "Twenty Years of Alzheimer's Research in Reddy Lab: Dedication to Alzheimer's Patients and Their Families."

- Tuesday, November 23rd | 12 - 1 pm | ACB 230 or Zoom: <https://ttuhsc.zoom.us/j/4559012756?pwd=QlRkcZBaUTRYSGFiOEhvZnVlcDM2QT09>

## Global Perspectives Film Series

GIRL WRESTLER follows 13-year-old Tara Neal, a Texas teenager who upsets traditional expectations by insisting that girls and boys should be able to wrestle on the same mat.

- Thursday, November 18th | 12 - 1 pm | Zoom: [https://ttuhsc.zoom.us/webinar/register/WN\\_N9bJcKvbSE6pBKZITBNRnw](https://ttuhsc.zoom.us/webinar/register/WN_N9bJcKvbSE6pBKZITBNRnw)

## TTU 2021 Celebrate Diversity Awards Banquet

The TTU Office of Institutional Diversity invites you to the 2021 Celebrate Diversity Awards Banquet, which will be held on Thursday, November 18th at 7:00 p.m. in the Frazier Alumni Pavilion. Emmy Award winning journalist, author and addiction recovery advocate, Elizabeth Vargas will serve as the banquet's keynote speaker. For ticket, table and sponsorship information, please visit <https://www.depts.ttu.edu/diversity/banquet.php>, email [diversity@ttu.edu](mailto:diversity@ttu.edu), or call 806-742-7025.

- Thursday, November 18th | 7 - 9:30 pm | Frazier Alumni Pavilion

## TTUHSC Blood Drive with Coffee Memorial Blood Center

Coffee Memorial Blood Center will be on campus with the Bloodmobile on Friday, November 19th! Call 806-331-8833 or visit <https://bit.ly/3HaKlrE> to schedule your appointment today! Get a free short sleeve t-shirt, a Cinergy Entertainment movie pass, a long sleeve t-shirt, a pecan pie (just in time for Thanksgiving!), a chocolate bar and a COVID-19 antibody test with your blood donation! One lucky donor during this week will win the Golden Ticket for a \$250 Visa Gift Card!

- Friday, November 19th | 1 - 3:30 pm | Bloodmobile near Research Building (Amarillo campus)

# SERVICE OPPORTUNITIES

## Family Volunteer Day

Family Volunteer Day is a National Day of Service on Saturday, November 20th. This is a great opportunity for people of all ages to volunteer in their local communities. Below are some examples of opportunities specific to Lubbock, but they are great ideas for any community.

- Volunteer at Lubbock Impact (Register)
- Volunteer with Lubbock Habitat for Humanity - 18 years old and up (Register)
- Packing art kits and picking up trash at the East Lubbock Art House (Register)
- Help out at the Lubbock Memorial Arboretum (Register)
- Sort, organize, and clean at the Catholic Charities Resale Center (Register)

For other ideas and opportunities in your community by visiting <https://bit.ly/3kiaYRq>.

## Connect with the Student Life Office



[Student.Life@ttuhsc.edu](mailto:Student.Life@ttuhsc.edu) | (806) 743-2302 | [www.ttuhsc.edu/student-life](http://www.ttuhsc.edu/student-life)