

April 5 - 11

HSC ROUNDS

Office of Student Life

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TTUHSC Blood Drive - Sign Up Open

TTUHSC is sponsoring the first American Red Cross Blood Drive in Lubbock, TX. Student, Staff, and Faculty are encouraged to pre-sign-up to donate blood during this special blood drive. It is our hope to fill all the spots with TTUHSC Team Members before needing to open it to the public. The Blood Drive will take place Monday, April 26th from 8:30 am to 3:30 pm in the TTUHSC Academic Event Center.

Sign-up today to be a hero to patients in need!

<https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=TTUHSC> or using the ARC Blood Donor App (Sponsor Code: TTUHSC)

New Weekend Hours at the TTUHSC Libraries

Starting Saturday, April 10, 2021, the TTUHSC Libraries in Amarillo, Lubbock, and Odessa will have weekend hours.

- Monday-Thursday 7:30AM-9:00PM
- Friday 7:30AM-5:00PM
- Saturday 10:00AM-5:00PM
- Sunday 12:00PM-5:00PM

Self-Help Group - TAO

April is Alcohol Awareness Month and the TTUHSC Counseling Center has created an anonymous self-help group for alcohol awareness which is now available thru TAO (Therapy Assistance Online). To sign up you can use the steps listed below.

Need a TAO Account?:

- Sign up at <https://us.taoconnect.org/learner/invite/118/%23alcohol> > Enter your First Name, Last Name, and TTUHSC email address > Click Sign Me Up!

Already have a TAO Account?

- Login at [US.TAOconnect.org](https://us.taoconnect.org) > Click on the Profile symbol in the top right corner > Click on My Profile and enter Enrollment Key **#alcohol** > Click Submit > Go back to the Dashboard to view modules in your To-Do list.

TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO is free to all TTUHSC students, faculty, and staff. For more information on TAO please visit <https://www.ttuhsc.edu/centers-institutes/counseling/tao.aspx>.

TTUHSC Libraries' Interlibrary Loan Service

If you need an article from a journal that the TTUHSC Libraries does not subscribe to, you can put in a request for it through our free Interlibrary Loan (ILL) service. Students will need a TTUHSC Library account to use this service. If you do not have an account, please visit our webpage on how to create one: <https://ttuhsc.libanswers.com/faq/265745>. This process should take no more than 2-3 minutes.

SNAP Benefit Extension

The federal Supplemental Nutrition Assistance Program (SNAP) was expanded as part of the federal coronavirus relief package to allow college students to more easily access the program, temporarily removing work and eligibility requirements for students. This temporary extension runs through 30 days after the public health emergency due to the coronavirus is lifted.

Now students enrolled at least half-time with a \$0 estimated family contribution (EFC) or state or federal work-study eligibility can be considered (along with other qualifying requirements) for SNAP benefits.

SNAP benefits are intended to assist students who, through completing the Free Application for Federal Student Aid (FAFSA) and meeting other qualifying criteria, show that they could find themselves with food insecurity.

Please visit USDA Food and Nutrition Service SNAP Students website for more information.

IRS Warns Students of Impersonation Email Scam

In a March 30, 2021 announcement, the Internal Revenue Service warned of an ongoing IRS-impersonation scam that “appears to primarily target educational institutions, including students and staff who have “.edu” email addresses.”

The IRS' phishing@irs.gov has received complaints about the impersonation scam in recent weeks from people with email addresses ending in “.edu.” The phishing emails appear to target university and college students from both public and private, profit and non-profit institutions.

The suspect emails display the IRS logo and use various subject lines such as “Tax Refund Payment” or “Recalculation of your tax refund payment.” It asks people to click a link and submit a form to claim their refund. The individual is then asked to provide personal information such as social security number, name, date of birth, address and other personal information.

Individuals who receive this scam email should report it to the IRS. For security reasons, individuals should forward the email as an attachment to phishing@irs.gov.

Individuals who believe they may have provided identity thieves with this information should consider immediately obtaining an Identity Protection PIN.

Taxpayers who attempt to e-file their tax return and find it rejected because a return with their SSN already has been filed should file a Form 14039, Identity Theft Affidavit, to report themselves as a possible identity theft victim. See Identity Theft Central to learn about the signs of identity theft and actions to take.

For more information, please visit: <https://www.irs.gov/newsroom/irs-warns-university-students-and-staff-of-impersonation-email-scam>

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

Office of People and Values Webinars

Join the Office of People and Values for their webinars which focus on a variety of topics.

What are they? Who are they? How do you deal with them? During this one hour webinar we will discuss energy vampires and how successful people deal with them.

- Tuesday, April 6th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/95890741982>

The riskiest thing we can do is just maintain the status quo.

Thursday, April 8th | 10 - 11 am | Zoom: <https://ttuhsc.zoom.us/j/93341688402>

QEP Programming

Please join the TTUHSC Quality Enhancement Plan for a presentation on Thursday, April 8, 2021 at 12:00 pm by Dr. Tim Dunn, PhD, and Dr. Greg Schneller, Ph.D. from McMurry University entitled, "Staying Motivated: Overcoming Perfectionism through Self-Compassion."

Session objectives include:

- Participants will be able to identify how perfectionism can rob persons of their motivation
- Participants will understand what self-compassion is and how it may be used reduce negative effects of perfectionism

- Thursday, April 8th | 12 - 1 pm | Zoom: <https://ttuhsc.zoom.us/j/9958972599?pwd=MIdaUmNNcmEzMIJSM003WktDT2RlQT09>

Feed Your Mind Webinar Series

Join the Laura W. Bush Institute for Women's Health for their Feed Your Mind webinar series. This session will focus on Feed your Mind: Mind your Hormones! Teresa Baker, MD, OB/GYN covers the 10 most important challenges for women at each hormonal phase of life: fertility, birth control, hormone replacement therapy, hysterectomy, depression, and menopause. She will advise us on maintaining our physical and emotional health amid the many conflicting messages on these subjects.

- Thursday, April 8th | 12 - 1 pm | Zoom: https://ttuhsc.zoom.us/webinar/register/WN_NRTl0HgVT4iXS5a8IA4HYA?fbclid=IwAR1biZQlJwDluxufxbslgGIF9SGCgxb6KoQ83GTljTzAo-G5ANGNW0WLASE



TTUHSC Virtual Ring Ceremony

The TTUHSC Official Ring Ceremony will be held virtually on April 8th. The virtual ceremony will feature remarks from TTUHSC President Dr. Lori Rice-Spearman, the Alumni Association, and others from the HSC community.

- Thursday, April 8th | 6 pm | TTUHSC Facebook Page

SERVICE OPPORTUNITIES

Volunteers Needed for Lubbock Vaccine Clinic

To assist in helping our community become vaccinated, TTUHSC is partnering with the City of Lubbock Health Department to staff its public COVID-19 Vaccination Clinics at the Lubbock Memorial Civic Center. Anyone that volunteers will be offered a vaccine, and will receive the vaccine on the day he/she volunteers, if desired. Lunch will be provided by the city to volunteers.

Please register to volunteer at this link:

https://getconnected.volunteerlubbock.org/need/detail/?need_id=567856

Any questions can be directed to Kassie Pelham (kassie.pelham@ttuhsc.edu).

Connect with the Student Life Office



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