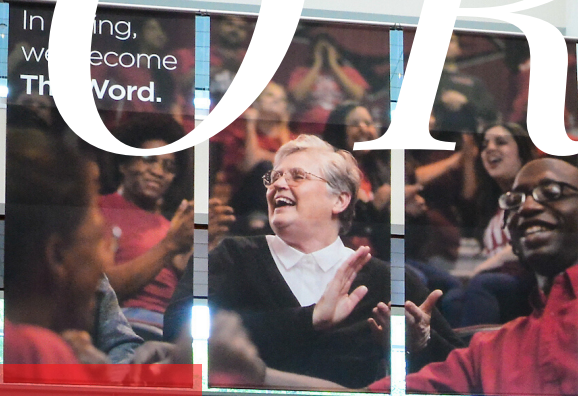


JUNE 16

# WHAT'S THE WORD



**CARDINAL COMMUNITY  
LEADERS PROGRAM**

**COMMUNITY MESSAGES**

**HEALTH & WELLNESS**  
GRADUATE ASSISTANT POSITIONS

**CARDINAL CHRONICLES**

**SUMMER 2020**  
UNIVERSITY OF THE INCARNATE WORD

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## Message from Campus Engagement

Hello Cardinals! This week in What's The Word we want to let you know we are here for you! The different departments highlighted in this edition are keeping you virtually informed while working on exciting new projects for when you return to our beautiful UIW campus. Remember to stay ENGAGED by logging on to Cardinal Apps. If you are looking for an organization you would like to join, then ENGAGE is your portal to all events and organizations available. We want to hear from you, so if you have any suggestions on what you want to see in your newsletter, please email us at [campusengagement@uiwtx.edu](mailto:campusengagement@uiwtx.edu).

Enjoy the newsletter and be informed !

" We all have our time machines. Some take us back, they're called memories. Some take us forward, they're called dreams" - Jeremy Irons

**Praised be the Incarnate Word!**



Our UIW family is familiar with our origin story – three sisters arrived in San Antonio in response to a desperate need for help during a cholera epidemic. Fast forward more than a century and we’re faced with another health crisis, this time on a global scale. It’s been a scary time, but we take comfort in the fact that there’s something else that hasn’t changed – our students remain committed to carrying forth the legacy and mission of the Sisters of Charity of the Incarnate Word. Rhonda Sue Cataline is one such student.

Cataline who graduated in May, is no stranger to service. Originally from Slebyville, Illinois, she has been Active Duty as a hospital Corpsman for 10 years. Her service to country has taken her to Italy, San Diego, aboard the USNS Mercy, and now, Texas. No matter where she went, though, Cataline always longed to be a nurse. It was a dream that she was finally able to pursue thanks to the Navy’s Medical Enlisted Commissioning Program (MECP).

“The MECP is one of the most wonderful opportunities the Navy has to offer,” she explained. “Once I learned about the program, it took me about five years to get the requirements together and apply. The selection process is very competitive. I had the opportunity to be selected on my second attempt.”

MECP allows enlisted sailors to earn an entry-level degree in nursing while serving. The program allowed Cataline to attend nursing school full time without a break in service and “with the Navy’s full support.”

Now that she has graduated, Cataline will be stationed at Camp Lejeune, North Carolina where she will work in the Naval Hospital. While she’s not quite sure in what area of nursing she’ll be placed, she’s still “excited to provide care to our service members and their families.”

When looking back on her time at UIW, Cataline says she’s grateful for much. From faculty who she called “intelligent and dedicated” to all the lessons she learned. Most of all, she’s grateful for the patients who allowed her to care for them.

## **CARDINAL CHRONICLES**

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**Rhonda  
Cataline**  
**UIW CLASS OF 2020**



“By giving me their trust, I have learned strengths and weaknesses that have further ignited my dedication to provide compassionate, high quality care, and to be the best nurse I can be,” she explained.

Her University family couldn't be prouder that she, and others like her, will continue the legacy of the Sisters of Charity of the Incarnate Word. As Cataline put it, “the lessons learned at UIW in spirituality of learning and caring for people will carry on to [my] nursing profession and allow [me] to reach patients in a unique way, while also remembering to care for myself.” It's a lesson she saw up close while caring for the homeless and reaching out to underserved populations during her time as a student.

Her advice to students just starting out is that while there will be many challenges ahead, “putting your best foot forward and working hard will only make you a better person and nurse. Challenges allow you to find out what you're capable of, and it's okay to fail, because when you fail or struggle, you also learn.”

Wherever Cataline's service takes her next, her UIW family will rest easier knowing that the Mission of our founders continues to reach every corner of the world.

*Congratulations Rhonda,  
and thank you for your service!*

*UIW CLASS OF 2020*

# 2020 : Only Halfway Through

A Reflection by Beth Villarreal, Director of Campus Ministry

I have been reflecting a lot on the past two weeks. We are halfway through the year and so much has happened - COVID-19 and the murders of Ahmaud Arbery, Breonna Taylor and George Floyd. Their murders have exposed the countless deaths and mistreatment of Black Americans in a way that can no longer be ignored. It has shaken me to the core. It has caused me to look at my own life and consider if, in any way, I have participated in the sin of racism. I have had deep conversations with my children, colleagues, classmates, friends, and students. I have prayed for those I know and don't know. I have prayed for a conversion of heart for myself and for others. Reflecting on this time, separated from all of you, has moved me to name the turmoil felt by our brothers and sisters of color, in our country, and around the world. And, it has moved me to reach out to you, to remind you, you are not alone.

I have read and viewed a plethora of material regarding race in the United States. Three voices stood out to me and guided me in my self-reflection. In a message to the UIW community on June 1, 2020, titled "A Time to Lament, a Time to Cry Out, Sr. Walter Maher, vice president for Mission and Ministry wrote, "in the fifth chapter of the Book of Lamentations", God encourages those who suffer to lament, to cry out, and to break up their silence. In other words, God encourages suffering humans to openly express their grief, pain, and suffering - and to do it, even in the midst of confusion and pain, in a peaceful, yet transformative way." On Wednesday, June 3, 2020, in a message to the Catholic Church in the United States, Pope Francis said, "We cannot tolerate or turn a blind eye to racism and exclusion in any form and yet claim to defend the sacredness of every human life" ([Pope Francis on the death of George Floyd: We cannot tolerate racism and claim to defend life](#)). On June 8, 2020, in an interview with america magazine: The Jesuit Review, Fr. Bryan Massingale, professor of theological and sociological ethics at Fordham University, encouraged us "to engage in deep forms of prayer, not just saying prayers but deep forms of prayer... asking the Holy Spirit to come into our lives and to change our hearts and to make us willing to see what we'd rather not see" ([Fordham's Bryan Massingale: White Catholics need to sit with the discomfort of systemic racism](#)).

As we continue to discern for ourselves, our nation, and our world, I ask myself and you: How can we take what is happening in our nation today and make a conversion in our lives, personally and as a society? I leave you with some suggestions from Sr. Walter as well as a "Prayer to Overcome Racism." I want you to know that you are not alone. If you need to speak with someone about your feelings or what you are experiencing in life right now, the Mission and Ministry Pastoral Team is available to listen (<https://my.uiw.edu/ministry/about-us.html>). And, do not hesitate to reach out to the UIW Counseling Center (<https://my.uiw.edu/counseling/index.html>).

Finally, I want you to know I have hope. I have hope because I see God, moving people through heart wrenching work to listen to one another, defend, and honor one another. We are reminded in Deuteronomy 31:8, "It is the Lord who goes before you; he will be with you and will never fail you or forsake you. So do not fear or be dismayed." We are not alone. God is with us. May we all hear God's voice calling us to reconciliation and reminding us we were all created in God's image. It is time.

Blessings to you, your families, friends, and all you do.

*Praised be the Incarnate Word!*

*Beth Villarreal*

Director of Campus Ministry

## **Prayer to Overcome Racism/ Oración para superar el racismo**

**Mary, friend and mother to all, through your Son,  
God has found a way to unite himself to every human being,  
called to be one people, sisters and brothers to each other.**

**We ask for your help in calling on your Son, seeking forgiveness  
for the times when we have failed to love and respect one another.**

**We ask for your help in obtaining from your Son the grace  
we need to overcome the evil of racism and to build a just society.**

**We ask for your help in following your Son, so that prejudice and animosity  
will no longer infect our minds or hearts but will be replaced with a love  
that respects the dignity of each person.**

**Mother of the Church,  
the Spirit of your Son Jesus warms our hearts:  
pray for us. Amen.**

**María, amiga y madre de todos,  
a través de tu Hijo Dios ha encontrado un camino  
para unirse a todos los seres humanos,  
llamados a ser un solo pueblo, hermanas y hermanos entre sí.  
Pedimos tu ayuda al recurrir a tu Hijo, buscando el perdón por las veces  
en que hemos fallado en amarnos y respetarnos.  
Pedimos tu ayuda para obtener de tu Hijo la gracia que necesitamos  
para vencer el mal del racismo y construir una sociedad justa.**

**Pedimos tu ayuda para seguir a tu Hijo,  
para que el prejuicio y la animosidad no infecten  
ya nuestras mentes o corazones  
sino que sean reemplazados por el amor  
que respeta la dignidad de cada persona.**

**Madre de la Iglesia,  
el Espíritu de tu Hijo Jesús alienta nuestros corazones:  
Ruega por nosotros.**

**Amén.**



**Many of us may feel powerless to change the present situation. However, I invite you to consider the following suggestions to begin exacting change, even if at a small scale:**

- **Reach out to offer support and comfort to those affected.**
- **Educate yourself and others to understand the complex history of racial relations in the US.**
- **Listen so that you may understand the other's perspective and grow in empathy.**
- **Stand up in solidarity with all your brothers and sisters and exercise your democratic rights to promote and defend the dignity and rights of all.**
- **Pray that individuals, communities, and nations may undergo a true conversion of mind and heart so that we may see each other as brothers and sisters, sons and daughters of God.**

**From Sr. Walter Maher, CCVI,  
UIW ~ VP for Mission & Ministry**

La Universidad de Monterrey, la universidad Anáhuac México Norte y the University of the Incarnate Word queremos invitarte a formar parte de este primer Programa Internacional SOMOS TIERRA

El cual consta de una formación de 6 semanas donde tendremos de 2 a 3 sesiones por semana.

Y te ofrecemos:

- Conferencias
- Talleres
- Actividades

Buscamos formar, conectar y actuar por medio del estudio de Laudato Si.

Link de registro: <https://forms.gle/x2ybGLwrrwF6qjB5FA>

Para más información síguenos en redes sociales:

Facebook [https://www.facebook.com/Programa-Somos-Tierra-105140551227065/?modal=admin\\_todo\\_tour](https://www.facebook.com/Programa-Somos-Tierra-105140551227065/?modal=admin_todo_tour)

Instagram <https://instagram.com/programasomostierra?igshid=10gj4x6feom4o>

Página Web <https://programasomostierra.wixsite.com/programasomostierra>



**Programa Internacional**  
**SOMOS TIERRA**

**Basado en Laudato Si**  
Formación de 6 semanas  
dos a tres sesiones por semana

**Del 15 de junio al 24 de julio**

Gratuito  
Cupo limitado

 /ProgramaSomosTierra  
 @ProgramaSomosTierra

 Conferencias  
 Talleres  
 Actividades



Check  
Out  
These

# 6 NUTRITION ARTICLES



FROZEN, FRESH OR  
CANNED FOOD:  
WHAT'S MORE  
NUTRITIOUS?



TIPS FOR  
ORDERING TAKEOUT  
OF DELIVERY.



WILL DRINKING TEA  
MAKE YOU  
HEALTHY?



5 NUTRITION TIPS  
TO SUPPORT  
A HEALTHY  
IMMUNE SYSTEM.



8 REASONS  
YOU'RE HUNGRY  
ALL THE TIME.



WHAT ARE GOOD  
PROTEIN SOURCES?

# NOW HIRING

GRADUATE ASSISTANT POSITIONS

***Club Lacrosse Coach***

***Trap & Skeet Coach***

***Men's Club Basketball Coach***

***Club Sports Coordinator***

***Intramural Sports Coordinator***

***Wellness Center Technician***

***Nutrition Consultant***

***Employee & Student Wellness Coordinator***

***Website & Social Media Coordinator***

FIND POSTINGS AT: [WWW.UIW.EDU/HR](http://WWW.UIW.EDU/HR)

EARN YOUR MASTER'S DEGREE

GAIN EXPERIENCE IN YOUR FIELD

RECEIVE 6 HOURS TUITION STIPEND

WORK 15 HOURS A WEEK

WORK DURING FALL & SPRING SEMESTERS



**SPORTS & WELLNESS**

FOR MORE INFORMATION EMAIL: [UIWELLNESS@UIWTX.EDU](mailto:UIWELLNESS@UIWTX.EDU)

Lacrosse

Men's Basketball

Men's Soccer

Men's Volleyball

Trap & Skeet

Triathlon

Women's Basketball

Women's Soccer

Women's Volleyball

# GET FIT WITH US



THINKING ABOUT JOINING A CLUB SPORT IN THE FALL?



FOLLOW TEAM TRAINING REMOTELY,  
SELF-PACED, INDEPENDENT WORKOUTS,  
MAKE FRIENDS & STAY ACTIVE

FIND US ON ENGAGE

# 2020-2021 CARDINAL COMMUNITY LEADERS PROGRAM

DEVELOPING LEADERS WHO PROMOTE SOCIAL JUSTICE IN  
PARTNERSHIP WITH DIVERSE LOCAL & GLOBAL COMMUNITIES

## WHY BECOME A CARDINAL COMMUNITY LEADER?

- GIVE BACK to your COMMUNITY
- Apply & learn SOCIAL JUSTICE leadership through a local, national, regional or international service experience
- Develop your LEADERSHIP skills through service & mentoring

## PROGRAM REQUIREMENTS

- UIW undergraduate freshman, sophomore, or junior
- Cumulative GPA of 2.75
- Completed 12 hours of coursework or in progress (must have completed a Level I Religious Studies class or currently enrolled)
- Participate in a required Cardinal Community Leaders Orientation
- Participate in at least one Ettling Center Service Mission Trip (local, regional, national, or international)
- Commit to a minimum of 10 hours of service each fall and spring semester
- Commit to serve and assist in 5 Ettling Center events per academic year (this can include voter registration drives, volunteer fairs, community service days, lectures/presentations)
- Selected students will be required to enroll in RELS 3399 Social Justice Leadership course for Fall 2020
  - This is a Level II Religious Studies class and has a prerequisite of a Level I Religious Studies class. This class can fulfill the undergraduate UIW Core Curriculum requirement of an upper level Religious Studies or Philosophy class. Please consult with your academic advisor to review your degree plan.
- Commit to serve as a Cardinal Community Leader for 1-2 consecutive academic year(s).

## HOW TO APPLY?

- For complete program requirements & application:
  - <https://uiw.campuslabs.com/engage/submitter/form/start/415403>

For more information on the program requirements and application process, please email or call Yesenia Caloca, Assistant Director, at [caloca@uiwtx.edu](mailto:caloca@uiwtx.edu) or 210-805-2547.

APPLICATION

DEADLINE:

FRIDAY,

AUGUST 7



UNIVERSITY OF THE  
INCARNATE WORD.

ETTLING CENTER FOR  
CIVIC LEADERSHIP  
& SUSTAINABILITY



HAVE QUESTIONS ABOUT  
COMMUNITY SERVICE HOURS?

# Schedule a Virtual Appointment!

We would love to hear from you and answer any questions you may have regarding community service hours or how to track your hours on the UIW ENGAGE/GIVEPULSE system.

Please call us at (210) 832-3208 or email us at [ccl@uiwtx.edu](mailto:ccl@uiwtx.edu) to schedule a Zoom appointment.

ETTLING CENTER FOR CIVIC LEADERSHIP &  
SUSTAINABILITY  
(210) 832-3208  
[CCL@UIWTX.EDU](mailto:CCL@UIWTX.EDU)





## **A Reminder from Title IX Department and the Student Conduct Office**

**THE STUDENT CODE OF CONDUCT AND THE SEXUAL  
MISCONDUCT POLICY STILL APPLY TO VIRTUAL LEARNING.**

**IN ALL YOUR INTERACTIONS AS A  
STUDENT, (EMAILS, BLACKBOARD MESSAGE  
BOARDS, ZOOM MEETINGS, ETC.) THE FOLLOWING ARE JUST  
SOME OF THE BEHAVIORS THAT WOULD VIOLATE THESE  
POLICIES:**

- **HARASSMENT (CAN BE SEXUAL OR NON-SEXUAL IN NATURE)**
- **DISRESPECTFUL, DISORDERLY, DISRUPTIVE OR  
INDECENT CONDUCT**
- **STALKING**
- **BULLYING/INTIMIDATION**
- **VERBAL OR WRITTEN ABUSIVE STATEMENTS**
- **DISCRIMINATORY OR INFLAMMATORY STATEMENTS (RACIST,  
SEXIST, ETC.)**
- **ACADEMIC DISHONESTY**
- **FALSIFYING DOCUMENTS**
- **VIOLATING THE UIW RESPONSIBLE COMPUTING POLICY**

**IF YOU FIND YOURSELF NEEDING TO FILE A REPORT FOR A  
STUDENT CODE OF CONDUCT OR SEXUAL MISCONDUCT POLICY  
VIOLATION, PLEASE GO TO: [WWW.UIW.EDU/REPORT](http://WWW.UIW.EDU/REPORT).**

# UIW CARE TEAM

If you or someone else is exhibiting behaviors of concern, please know that the UIW CARE Team is here to help with:

- Anxiety
- Depression
- Suicidal/homicidal thoughts
- Hopelessness
- Emotional swings
- Dramatic change in “typical” behaviors
- Concerns about or a positive test for COVID-19
- Falling behind with coursework
- Lack of motivation



Fill out a referral at  
[www.uiw.edu/report](http://www.uiw.edu/report)

or call us at  
**(210) 805-5864**



## REMEMBER! REMEMBER! REMEMBER! OFFICE OF CAREER SERVICES

### WE ARE HERE TO HELP!

In light of the current COVID-19 pandemic, the Office of Career Services will now be assisting students virtually through Skype/Zoom, email/chat, and phone. Please make your appointment via Handshake or by calling our office. Visit our [website](#) for more information.

### HOW CAN WE HELP?

- Résumé Review
- Cover Letter Review
- Mock Interview
- Career Assessment
- Online Job Database
- Career Counseling
- Job Fairs
- Professional Development

Student Engagement Center, Suite 3030  
210-829-3931 | [careers@uiwtx.edu](mailto:careers@uiwtx.edu)



**COMMUNITY**

# **MESSAGES**

- **UIW EMERGENCY AID PROGRAM**
- **COVID-19 REMINDERS**
- **UIW CAMPUS HEALTH PROTOCOL**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM STUDENT GOVERNMENT ASSOCIATION**



# COMMUNITY MESSAGES

## Message from the Office of the Provost **UIW Emergency Aid Program**

These unprecedented times have brought about many challenges that have impacted every one of you. For some, this may mean extra strain on your families, finances and college experience.

We remain committed to supporting you academically, spiritually and in times of need. This month, the University of the Incarnate Word launched an Emergency Aid program to help students overcome temporary financial hardship and difficulty covering expenses such as food, housing, course materials, healthcare, childcare, tuition and fees due to COVID-19.

The Emergency Aid program awards funds up to \$800 for qualifying expenses and is funded through the federal CARES Act and UIW's Emergency Impact Fund. Awards based on need, qualifying expenses and aid are available.

Students currently enrolled in Spring 2020 are eligible to apply, but priority will be given to those demonstrating hardship due to disruption of campus operations and/or changes to their course delivery platform due to COVID-19. Per the U.S. Department of Education, only enrolled, Title IV eligible students experiencing hardship and campus disruption due to COVID-19 may receive CARES Act funds, however all enrolled students experiencing COVID-19 hardships may apply for UIW Emergency Impact Fund awards.

Please visit <https://www.uiw.edu/finaid/emergency-aid.html> for more information about the application, qualifying expenses, special circumstances and additional resources. You may access and submit the application directly on the site.

We hope this program will assist you in navigating these trying times. If you have additional questions not addressed on the webpage or application, please contact the financial aid office at [finaid@uiwtx.edu](mailto:finaid@uiwtx.edu).

Stay safe, Cardinals.

Sincerely, Sandy McMakin  
Associate Provost, Academic Support Services

# COMMUNITY MESSAGES

## COVID-19 Reminders

Members of our campus community are reminded to take precautions to slow the spread of COVID-19. The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. CDC always recommends these everyday actions to help prevent the spread of respiratory viruses:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

For more information, please visit the [CDC's Coronavirus website](#).

To stay up to date on the City of San Antonio's COVID-19 updates, [click here](#).

We will continue to monitor and update our campus community on the coronavirus outbreak as needed.

[Click here](#) for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, [please fill out this form](#).

# COMMUNITY MESSAGES

## UIW Campus Health Protocol

In our continuing effort to protect members of the UIW community, offices will remain closed until further notice, and employees will continue working remotely. We will continue to monitor the situation and provide updates as appropriate.

Effective Friday, May 1, 2020, there will be a check-in station at all UIW campuses. In accordance with Gov. Abbott's directives for businesses, before admittance to campus, all employees and guests, working or visiting, will have their temperatures taken and will need to indicate if they have any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

Please note that admittance to any UIW campuses will not be permitted if you have any COVID-19 symptoms. Employees also have a responsibility to self-report if they have any of the above symptoms directly to HR, their supervisor, or by completing the [online reporting illness form](#). Out of an abundance of caution for members of our community during this pandemic, employees and visitors are reminded to stay home if they are sick.

As a reminder, UIW requires all employees working on and visiting campus to comply with the face coverings directive issued by San Antonio Mayor Ron Nirenberg. For the safety of all employees, please ensure that proper safety precautions are followed. All employees and guests should wash or sanitize their hands upon entering the business and maintain at least 6 feet of separation from other individuals. If such distancing is not feasible, other measures such as face-covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.

Additionally, UIW requires all employees to display their UIW ID or nametag when working on and visiting campus.

For more details on the new statewide measures, please read the Governor's "[Texans Helping Texans](#)" report.

# COMMUNITY MESSAGES

## From UIW Behavioral Health Services

UIW Behavioral Health Services continues to offer counseling to students who are **physically in Texas** using Zoom or phone. To initiate counseling, please call us at **(210) 832-5656** between 8 a.m. and 5 p.m. and we will assist you in completing needed paperwork and getting scheduled immediately and seen as quickly as possible. Counseling is offered by appointment, 8 a.m. – 5 p.m., Monday through Friday. Some appointments are offered after 5 p.m. based on clinician availability. At this time, we do not provide services on weekends or holidays, but we are happy to direct you toward any needed weekend resources.

*If you call us and leave a message outside of business hours, please be aware that we will return your call within 24 hours. If you contact us on the weekend or during a holiday, we will return your call the next business day.*

If you are a faculty/administrator/staff member with concerns about classroom issues, in need of resource information, or inquiring about professional development/student presentations, please contact Director of Behavioral Health Services, Dr. Christie Melonson directly at (210) 829-3129 or via email at [melonson@uiwtx.edu](mailto:melonson@uiwtx.edu).

Should you have a serious concern about a particular student with possible mental health issues or if you have observed a behavioral incident, you are encouraged to make an online report at this link and to contact Mr. Matt Carpenter, director of student conduct and community standards at (210) 805-5864.

### ***Here are some tips for managing anxiety at this time:***

- Do things you enjoy, no matter what they are. You could read through the pile of books you've been accumulating or play video games if it keeps your mind from worry mode and makes you happy!
- Virtually hang out with friends. There are tons of apps you can use to hang out with your friends and family. You can have a virtual meetup with Zoom, play games together on Discord, and FaceTime or Skype with your older family members.
- Engage in physical activity and workouts, as well as in activities involving deep breathing, stretching, and meditation. Take a walk around your neighborhood or stream yoga and attempt that pose you've always been wanting to do.
- Engage in spiritual practices and virtual spiritual gatherings. Many churches and other places of worship are live streaming services throughout the week. They are also offering virtual bible studies and prayer sessions.
- Create routines for yourself and set small goals for what you would like to accomplish daily.
- Remind yourself that this time of quarantine is temporary and we are all doing the best we can!

### ***Helpful Behavioral Health Resources:***

- [Taking Care of your Behavioral Health from SAMSHA](#)
- [Stress and Coping from the CDC](#)
- [National Suicide Prevention Lifeline: 1 \(800\) 273-8255 \(24 hours a day\)](#)
- [Family Violence Prevention Services Domestic Violence Hotline: \(210\) 733-8810 \(24 hours a day\)](#)
- SAMHSA's National Helpline for mental health or substance abuse concerns: 1-800-662-HELP (4357)

### ***If you are a student and feel that you are having a behavioral health emergency outside of clinic hours, please do the following:***

- If you live on campus, please notify Campus Police, dorm staff or an administrator
- For students living off campus, call 911 or go to the nearest Emergency Room or Behavioral Health Hospital.

# COMMUNITY MESSAGES

## UIW Student Government Association

The University of the Incarnate Word Student Government Association mourns with and prays for the family of George Floyd and the countless others who have lost loved ones because of the continued violence towards the Black community. UIW has always been a University that serves the multitudes of every kind through an emphasis on social justice and Catholic Social Teaching. We are dedicated to the representation of all students and consider silence on the issue of systemic racism and any other form of unequal treatment to be a disservice to the students we are called to serve. In the fight for justice and equality, we stand in complete solidarity with the Black community not only at UIW but all across the country that have endured a lifetime of racial inequality.

The Student Government Association will advocate and amplify the voices of our students, especially those who are often underrepresented and silenced. We will continue to commit ourselves to the Mission of UIW in the search for and communication of truth, thoughtful innovation, care of the environment, community service, and social justice. In doing so, we wish to learn from our past and evaluate and express the sentiments shared throughout the world today as we work to serve all UIW students.

To our fellow students, we understand these are difficult and uncertain times. We promise to work to provide opportunities for our entire Cardinal community to discuss these very important issues to ensure equality on campus. The following are steps and actions the SGA is taking on your behalf. We will work to:

- Ensure there are open channels of communication between SGA and all students affected by ongoing racial injustice.
- Collaborate with UIWPD to continually enrich current policies to preserve the dignity of all students.
- Identify and provide educational opportunities for students to share their past and current experiences with prejudice or any other student concerns on campus to educate the community and provide an environment that promotes inclusivity of people of all backgrounds.

We call on our University community to join us in truly committing to diversity and inclusion efforts within our campus. We ask that you, the students, hold us accountable in our efforts to combat injustice within our community and beyond. We are committed now more than ever to do more than share our words of support. We are committed to showing you that UIW demonstrates equality through education, truth, faith, service, and innovation.

During this time, we call on our entire community – students, faculty and staff – to listen, to learn and to take the necessary time to reflect on the injustices suffered by many in the world. We call on our community to be the voice of change. In doing so, we can truly be the light we wish to see in the world.

Best Regards,  
UIW Student Government Association Executive Council

Aimee Galindo, President  
Alexa Cruz, Vice-President  
Casey Iwuagwu, Chief of Staff  
Imani Stewart, Attorney General  
Jasmine Williams, Director of Public Relations  
Natalia Sanchez, Treasurer  
Edward Clark, Secretary Virginia Muniz, Intern

# “Make a Stronger Democracy, Protect the Earth” Join in Service Online, Saturday Morning, June 20, 9 am to 12 pm, 3 hours service credit.

“Facing Racism: The Incarnate Word Sisters invite you to listening and advocacy because for the Incarnate Word Family silence is not an option” Brandi Coleman, Casey Ogechi Iwuagwu, and Sr. Martha Ann Kirk “The Census Matters” Tracey E. Mendoza, Leslie Todd; “Solidarity with Refugees, Some of the Most Vulnerable People in the World” Lopita Nath; “Recylmania, what it is, how we continue” Ricardo Lopez III; “Plastics and Sustainability. How do we improve” Sister Adriana Calzada, Mary Lou Rodriguez, CCVI. Moderator: Sister Martha Ann Kirk

Register <https://uiw.givepulse.com/event/194608>

More information:

“Make a Stronger Democracy, Protect the Earth”

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“Facing Racism: The Incarnate Word Sisters invite you to listening and advocacy because for the Incarnate Word Family silence is not an option.”

The Sisters blog invites people in their various ministries to join our efforts in support of racial justice. See <http://saccvi.blogspot.com/search/label/English> Join us as we discuss the current climate of our country and ways to take action and advocate for change NOW. Learn how we will honor George Floyd's memory by engaging our collective voices to impact our community. Join us as we also brainstorm addressing issues of racial discrimination and implicit bias. We are dedicated to building a community platform to further encourage ACTION towards our mission to ensure that there is JUSTICE for all. “I am no longer accepting the things I cannot change. I'm changing the things I can no longer accept.” ~ Angela Davis. Contribute your picture, film, and words to the Incarnate Word Sisters growing campaign <http://saccvi.blogspot.com/search/label/English> Shared by Brandi J. Coleman and Casey Ogechi Iwuagwu and Sr. Martha Ann Kirk

“The Census Matters”

What is the Census? How is it used? Why is it important to our community and how is the data used? How can individuals help with the 2020 Census as advocates of social justice? Lear of the UIW LibGuide 2020 Census <https://libguides.uiwtx.edu/census> Shared by Tracey E. Mendoza UIW Dean of Libraries and Leslie Todd, UIW Information Literacy Coordinator

“Solidarity with Refugees, Some of the Most Vulnerable People in the World”

Our compassionate city has accepted newcomers who have fled extreme hardship in many parts of the world. More people are displaced than at any time since World War II. Learn some basics of why they are here and what they have gone through. Where you are, start helping them today through advocacy, education, and building understanding virtually. Shared by Dr. Lopita Nath who teaches “Global Refugees” and leads students and faculty building solidarity with refugees, Chair of the History Department.

“Recylmania, what it is, how we continue”

What have we been doing at UIW. Learning from other universities and groups such as the College and University Recycling Coalition <http://curc3r.org/>. What are you doing at home now? How could you do more? Shared by Ricardo Lopez III, Accounting Major, President of ISACA, Vice-President of Membership of Alpha Phi Omega.

“Plastics and Sustainability. How do we improve?”

Plastic has been used because it can be thrown away. It is lightweight and cheap. Is it really cheap? The issue of growing plastic pollution has raised global concerns because it is ending up in bodies of water such as oceans and rivers hurting marine life. Learn about how man and women have become dependent on plastics and how the ecosystem carries the burden. See <http://saccvi.blogspot.com/2020/05/our-daily-consumption.html> What can we do? Let's start now. Shared by Sister Adriana Calzada, UIW Young Adult Ministry, and Mary Lou Rodriguez, CCVI, Formation to become an Incarnate Word Sister

Moderator: Sister Martha Ann Kirk, Chair of the Incarnate Word Sisters Justice, Peace, Creation Committee  
kirk@uiwtx.edu

Register <https://uiw.givepulse.com/event/194608>

**Heat Advisory: Be Prepared.**

**Drink plenty of water, take frequent breaks out of the sun, and check up on relatives and neighbors. Limit strenuous activities to early morning or evening and know the symptoms of heat exhaustion and heat stroke. Never leave young children or pets unattended in vehicles. Visit [weather.gov/heat](http://weather.gov/heat) for more information on keeping safe and cool.**



**SPECIAL SHOUT-OUTS**

*Shout-out to all our UIW students who are working at H-E-B! Your dedication to your studies and working to keep H-E-B going is tremendously appreciated.*

**FROM:** Agata P.

**TO:** UIW Professors

*Thank you for working so hard to make adjustments to our classes. Thank you for hearing my concerns and working with me on this unfamiliar method of learning*

**FROM:** Nalia G.

# Campus Engagement

[campusengagement@uiwtx.edu](mailto:campusengagement@uiwtx.edu)

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