

DECEMBER 15

*WHAT'S THE*

# WORD

**CAB BOARD MEMBER  
APPLICATIONS**

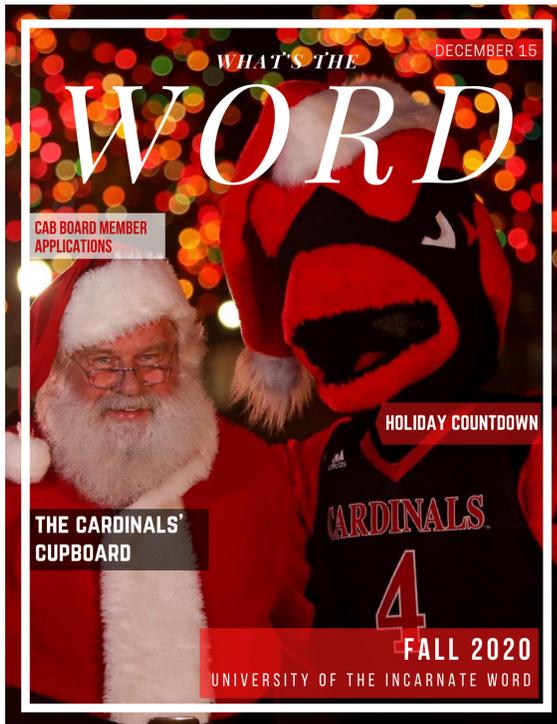
**HOLIDAY COUNTDOWN**

**THE CARDINALS'  
CUPBOARD**

**FALL 2020**

UNIVERSITY OF THE INCARNATE WORD

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## Message from Campus Engagement

Campus Engagement would like to wish you cheerful thoughts and best wishes for a very happy and healthy holiday season and New Year! This year has been one of big changes and accommodations, however, we did enjoy the semester and all it had to offer. Please remember to check your emails and be on the lookout for "What's The Word", UIW online student newsletter for more fun, engaging events coming January 2021.

"Celebrate endings—for they precede new beginnings."  
- Jonathan Huie

**Praised be the Incarnate Word!**

# GET YOUR THERMOMETERS READY!

## CARDINAL DAILY HEALTH CHECK IS HERE!

The Cardinal Daily Health Check, a web-based tool, must be completed by all employees, students, and guests before visiting any UIW location.

After a successful daily health check, users will be emailed a ticket they use to verify completion of the screening.

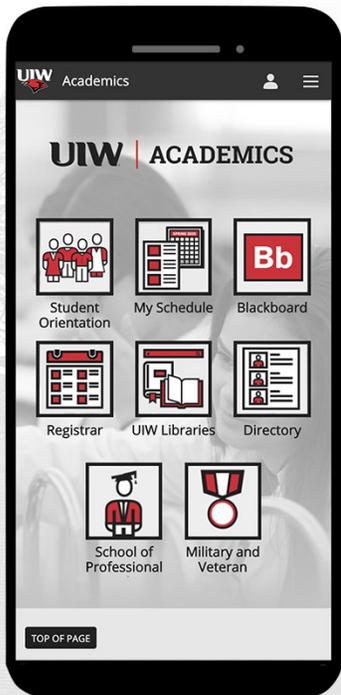
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



For detailed instructions and more information, please visit <https://www.uiw.edu/cardinal-daily-health-check/>.



Scan this QR code to go to the Cardinal Daily Health Check.



## DOWNLOAD THE OFFICIAL UIW MOBILE APP

Use the app for quick access to important information and university resources.

Stay tuned for updates as we work to bring you additional features and integrations!



Campus Map



Blackboard



Calendar of Events



University and Athletics News



Emergency Contacts and Information



Look for it on the Apple App store and Google Play store.

# UIW ENGAGE



## YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

### STEP 1

Visit [uiw.edu](http://uiw.edu)  
and log in to  
"Cardinal Apps"

### STEP 2

Click on the **ENGAGE** tab. Use  
the search bar to find an  
organization or view events  
that are listed.

### STEP 3

Click on the event and enjoy!  
Win prizes and swag and have  
fun!

### WHAT WILL YOU FIND?

- Participate in competitions for awesome prizes
- Search over 100 student organizations to become involved
- Stay connected with Student Government and Campus Activities Board
- Movie night with your friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

[CAMPUSENGAGEMENT@UIWTX.EDU](mailto:CAMPUSENGAGEMENT@UIWTX.EDU)

210-829-6034

# A Prayer as I Put on My Mask



As I prepare to go into the world,  
help me see the sacrament in the wearing of this cloth -  
let it be "an outward sign of an inward grace" -  
a tangible and visible way of living  
love for my neighbors, as I love myself.

Christ,  
since my life will be covered, uncover my heart,  
that people would see my smile in the crinkles around my eyes.  
Since my voice may be muffled, help me to speak clearly,  
not only with my words, but with my actions.

Holy Spirit,  
as the elastic touches my ears, remind me to listen carefully -  
and full of care - to all those I meet.

May this simple piece of cloth be shield and banner,  
and each breath that it holds, be filled with your love.

In your name, and in the name of love  
I pray.

May it be so. May it be so.

# Una oración mientras me pongo la máscara



Mientras me preparo para ir al mundo,  
ayúdame a ver el sacramento en el uso de este paño -  
que sea "un signo exterior de una gracia interior" -  
una forma de vida tangible y visible  
amor al prójimo como a mí misma.

Cristo,  
ya que mi vida estará cubierta, descubre mi corazón,  
que la gente vea mi sonrisa en las arrugas alrededor de mis ojos.  
Ya que mi voz puede estar ahogada, ayúdame a hablar con claridad,  
no solo con mis palabras, sino con mis acciones.

Espíritu Santo,  
mientras el elástico toca mis oídos, recuérdame que escuche con atención -  
y llena de cariño - a todas las personas con quien me encuentre.  
Que este simple trozo de tela sea escudo y estandarte,  
y cada respiro que contenga, esté lleno de tu amor.  
En tu nombre y en el nombre del amor  
Rezo.

Que así sea. Que así sea.



# **HOLIDAY BREAK CLOSURE**

**WELLNESS CENTER  
NATATORIUM**

**CLOSED**

**DECEMBER 12 - JANUARY 03**

**SEND QUESTIONS TO [WELLNESS@UIWTX.EDU](mailto:WELLNESS@UIWTX.EDU)**



# CLUB SPORTS

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**GET READY FOR SPRING 2021**

**MEN'S BASKETBALL  
WOMEN'S BASKETBALL  
ESPORTS  
POWERLIFTING  
MEN'S SOCCER  
WOMEN'S SOCCER  
TRAP & SKEET  
TRIATHLON  
MEN'S VOLLEYBALL  
WOMEN'S VOLLEYBALL**

**JOIN A CLUB SPORT TODAY!**

**EMAIL [CLUBSPORTS@UIWTX.EDU](mailto:CLUBSPORTS@UIWTX.EDU)**

**FOR MORE INFORMATION**

# ***Low On Food Supply?***

**COME ON DOWN TO THE CARDINALS' CUPBOARD FOOD PANTRY!**

***We Provide A Diverse Food Selection  
Towards Those In Need In Our Community***

## **WHAT YOU CAN FIND AT OUR FOOD PANTRY:**

- **CEREAL**
- **MILK**
- **JUICE**
- **PRESERVED FRUITS**
- **CANNED SOUP**
- **PASTA**
- **CANNED MEAT**
- **COOKING INGREDIENTS**
- **HEALTHY SNACKS**



## **WE ALSO HAVE NECESSITY ITEMS SUCH AS:**

- **SOAPS**
- **TOOTHBRUSHES**
- **SHAMPOO**
- **CONDITIONER**



*Follow us on Instagram!  
@uiwcc\_foodpantry*

**Location: Joeris Hall  
Hours: M-TH 10AM-3PM  
Open Friday by Appointment**



**FOR MORE INFORMATION  
(210) 283-6423  
OR  
CCL@UIWTX.EDU**



**2021- 2022  
SCHOOL YEAR**

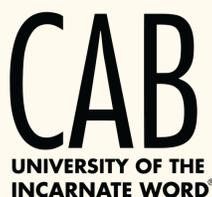
*Campus Activity Board is looking for:*

# **CAB BOARD MEMBERS!**

**If you want to plan FREE fun and engaging events for UIW students, apply today! A stipend available for board members.**

Applications are being accepted on UIW Engage through April 9, 2021. Just follow these simple steps:

**UIW Engage > Campus Activities Board > Forms**



**FOR MORE INFORMATION, PLEASE CONTACT  
PAULINA ZELAZNA AT  
ZELAZNA@STUDENT.UIWTX.EDU**



**2021 – 2022  
SCHOOL YEAR**

**CAMPUS ACTIVITY BOARD IS LOOKING FOR**

# *CABbies*

Help CAB promote and run events. Earn service hours, receive exclusive giveaway prizes, and attend a special event!

**FOR MORE INFORMATION, CONTACT  
KARLA RAMIREZ AT  
[KKMARTIN@STUDENT.UIW.EDU](mailto:KKMARTIN@STUDENT.UIW.EDU)**

**CAB**  
UNIVERSITY OF THE  
INCARNATE WORD®



# UIW GREEK LIFE

ALPHA SIGMA ALPHA



RECRUITMENT WEEK  
COMING JANUARY 2021!

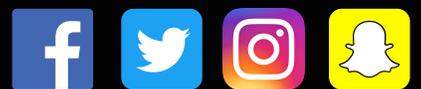
OMEGA DELTA PHI



SIGMA DELTA LAMBDA



ALPHA SIGMA TAU



@UIWGREEKLIFE



# Holiday Countdown

9 DAYS UNTIL  
CHRISTMAS

16 DAYS UNTIL  
NEW YEAR

*BROUGHT TO YOU BY UIW CAMPUS ENGAGEMENT*

**COMMUNITY**

# MESSAGES

- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH 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

## 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 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.



## **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).**

# Campus Engagement

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

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

## UIW GREEK LIFE

INTERESTED IN GREEK LIFE? FOLLOW US TO SEE WHAT OUR GREEKS ARE DOING



@UIWGREEKLIFE

## UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

## UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

