

APRIL 2022

W.I.S.E GUIDE:

THE WILKES INITIATIVE FOR STUDENT
ENGAGEMENT NEWSLETTER

Presented by The Office of Civic Engagement

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WELCOME APRIL!

Summer is just around the corner! Can you believe it? With a few more weeks still to go, our Colonels are still powering through. Read to find out about some new spring updates within the Office of Civic Engagement! Find out what dates you should be saving and mark off on your calendars. Meet our newest addition to the civic engagement team, Quinn Rodefeld, member of the women's ice hockey team. Learn how you can make a difference and support the Ukraine through the NSO Race for Ukraine. Finally, catch this month's Bonner Spotlight to see the incredible service that is being done by student leaders on campus.

#BeColonel

Office of Civic Engagement

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READING BUDDIES UPDATES

This Past Month's Activities

This month Reading Buddies planned activities including:

- A mindfulness practice using all 5 senses
- Lego Word Builds
- Duck Duck Spelling
- Freeze Freeze Spell
- ABC Matching Hunt
- Mindful journaling prompts
- Example of Prompts: "You just won a special award from the president, what did you do to earn that award?" & "What is your favorite holiday and what is your happiest memory associated with it?"



Literacy Fact of the Month

"Cognitive processes develop rapidly in the first few years of life. In fact, by age 3, roughly 85% of the brain is developed. However, traditional education takes places in grades K-12, which begin at age five."

The Literacy Project, 2019

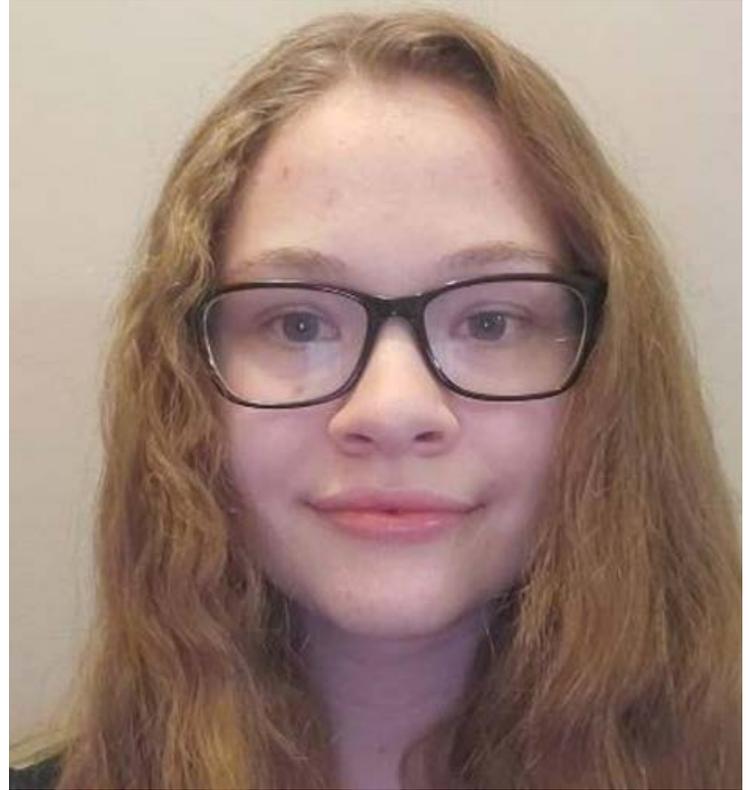
@WUReadingBuddies



BONNER SPOTLIGHT



Meet Emily Blaine!



Hometown:
Shavertown, PA
Major:
Pre-Pharmacy

"Every Monday and Thursday I help the YMCA with their Aftercare program and on Saturdays I lead my own Youth Aquatics program. I help and assist teachers on Mondays and Thursdays with any day to day tasks as well as helping the kids of the YMCA with their homework and teaching them how to play games like chess. On Saturdays I run the Youth Aquatics program where I help kids have fun after their swimming lessons by playing games. We play games including, but not limited to, Marco Polo, volleyball, obstacle courses, red light green light, and ring toss. I like working at the YMCA because not only does it give me the opportunity to engage with the kids there and have a positive impact on their life being a role model and mentor. The YMCA also gives me responsibilities and the opportunity for growth by giving me my own program to expand upon. This forces me to take a leadership role and the opportunity for problem solving. This in my opinion is what being a Bonner Scholar means, pushing your own limits or boundaries when it comes to service, encouraging others, and being open minded." ~Emily Blaine

BONNER SPOTLIGHT



As women, we are placed heavy pressure on our shoulders by society; we must act a certain way, look a certain way, and live a certain way. Women in today's time are speaking up more than ever before, and our voices are finally being heard. However, they have had to overcome so many obstacles for their voices to be heard. This is why I wanted to join Ruth's Place, to offer a platform and a listening ear and help the voices of these women be heard.



Hometown: Hanover Township, PA
Major: Hospitality Leadership

Meet Brenda Arias!

In the beginning, I started establishing my place in their pantry, which required help. I would come in on Tuesday and Thursday evenings and organize the pantry. I would take out grocery carts full of expired foods and oxidated cans of food sitting there for a long time. I was also tasked with tidying up the nonfood items in the pantry, like toiletries, and setting up welcome bags for the new ladies that would join the shelter. As time progressed, I found myself questioning more and more of the help that Ruth's Place offered to the women after they moved on from the shelter. I wondered what I would be able to provide these women other than tidying up their food storage. I felt capable enough to help them increase the skills that could help them in their future endeavors after the shelter. I spoke with one of the directors, informing her of my concerns and what I wanted to do. I developed a month-long 'lesson' plan of what I wanted to talk to the women about to show my dedication and commitment to this. These topics include money management, resume and mock interview workshops, job search, and health. I see these topics as necessary for them to be familiar with after the shelter.

After holding the first meeting with the clients at Ruth's Place, I felt I learned so much about these women and even myself. After hearing the women open up and entrust me with their life stories, I felt my problems were minuscule compared to theirs. I felt privileged to be in that room; I felt privy to the opportunities that I have in my life. Every time I leave this shelter, I feel a little more fuel being added to keep working and doing more for them because their voices need to be heard. ~ Brenda Arias



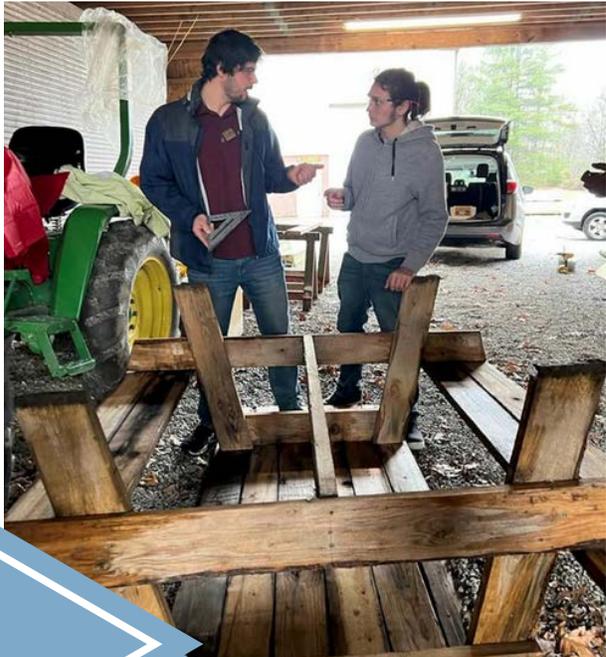
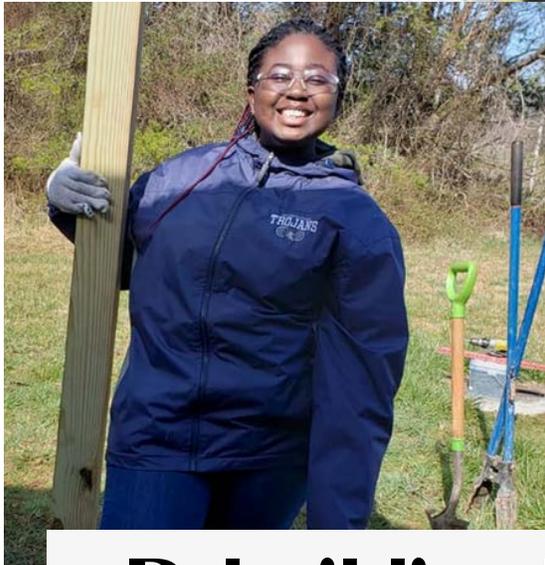
SPRING BREAK SERVICE TRIPS



Food Dignity Project Washington D.C.!



SPRING BREAK SERVICE TRIPS



Rebuilding Homes in Tennessee!



SPRING BREAK SERVICE TRIPS



Give Kids
the World,
Florida!



MEET QUINN RODEFELD

Quick facts about Quinn

Junior at Wilkes University
International Relations Major

Global Cultures and Political Science Minor

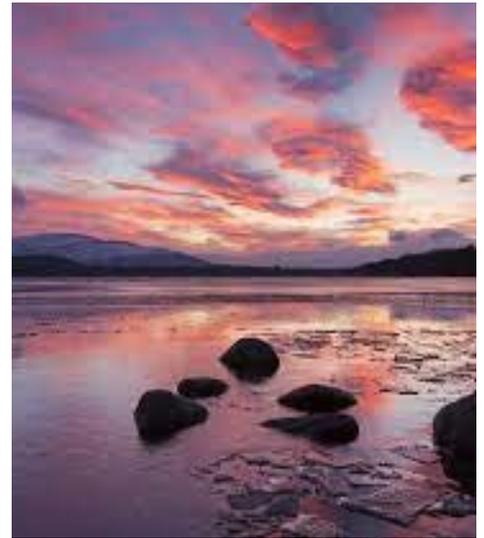
Ice Hockey player from Minneapolis, Minnesota.

Cute little dog, with only one ear that stands up
named "Nanners"

Hopes to create policy change for those who may
not have a voice.

Aries who loves a good breakfast to start the day
and a good sunset to end the day.

Her birthday is March 23, making #23 both her
favorite number and Ice hockey jersey number.



QUESTIONS WITH QUINN

10 Questions to ask yourself this April



- *Am I being my best self?*
- *Would my younger self be proud?*
- *Do I have any limitations?*
- *Where do I want to be?*
- *What can help me get to my goals?*
- *What steps can I take?*
- *What have I overcome in the past?*
- *Have I held myself accountable?*
- *Have I practiced relaxation?*
- *Have I treated myself?*

Ponder the answers to your April Questions



Try to write your responses down.

This will help showcase your future progress.

Understand not every question has an answer right now.



Resources to answer your April Questions

Reach out to campus resources

- Visit the civic engagement office
- Meet with your advisor
- Use your Wilkes swipe to go to the YMCA for free
- Journal to chart your personal progress
- Utilize University wellness resources
- Check out the University weekly events

Reach out to personal resources

- Surround yourself with similar and different mindsets to expand your future opportunities
- Talk with family and friends about what matters most to you
- Engage in the possibilities the local community provides



MINDFULNESS WITH MONICA

Mindful Activities To Do With Children

ABCs of Gratitude:

- Go through each letter of the alphabet and say one thing that you are grateful for beginning with each letter
- Think of an animal that begins with each letter of the alphabet and create a yoga pose that looks like that animal

Daily Affirmations

- Stand in front of the mirror and repeat the following out loud:
- "I control my own happiness."
- "Today I will make people smile."
- "I choose to be confident."
- "I am proud of myself."
- "I accept myself for who I am."

I deserve good things

Kindness

- Choose a day to celebrate a compliment day once a week
- Celebrate your own random acts of kindness days each month
- Reflect on the last time you helped someone. What effect did you have?

"Our life is shaped by our mind, for we become what we think."

~BUDDHA



SAVE THESE DATES WITH C.E.

April 3rd: Beeping Easter Egg Hunt



- Where: Campus greenway
- When: 1:00 to 3:00pm

April 9th: Race for Ukraine



- Where: Campus greenway
- When: 11:00am to 1:00pm

April 10th: Community Easter Egg Hunt



- Where: Ralston Sports Complex
- When: 11:00am to 1:00pm

April 30th: Big Event



- Where: Wilkes campus various locations
- When: All day long

May 11th: Day of Caring



- Where: Various service sites
- When: All day long
- Sign up at

<https://signup.com/client/invitation2/secure/357033571095448070/false#/invitation>

WALK AND DONATE FOR UKRAINE

Get your walking shoes ready to Race for Ukraine.

- Join the Nursing Student Organization and Civic Engagement from 11 a.m. to 1 p.m. on Saturday, April 9, on the Greenway for our Race for Ukraine 5K.
- Whether you walk, run, skip or jump, you will be making a difference in the lives of innocent Ukrainian civilians who are caught up in the conflict.
- Additionally, up to AND on the day of the event we will be collecting medical supplies for Ukrainian citizens. Items needed include first aid supplies (bandages, gauze, bandaids, etc.), feminine hygiene products, personal hygiene products (deodorant, shampoo, toothpaste, tooth brush, etc.) and blankets.
- We invite you to be a part of our Colonel community and make/join a team as a department, club or organization. Refreshments will be provided.
- The registration fee is \$30 AND 100% of the proceeds of this event will go to the Airbnb.org Emergency Shelter Fund, which provides funds for citizens who have been displaced and allows them to secure free short-term housing.
- Participants will receive awarded a finisher medal. Prizes will be awarded at the BIG event to the team with the most participants, highest individual money donated and fastest individual

CIVIC ENGAGEMENT AND THE NURSING STUDENT ORGANIZATION (NSO) INVITES YOU TO..

WALK FOR UKRAINE 5K

WHEN?

Saturday, April 9 11am-1pm

WHERE?

Meet on the Greenway! We will take a mapped out walk around campus.

Medical supplies will also be accepted up to and on the day of the event! Look for our donation boxes around campus.

How do I sign up?

Sign up on RunSignUp.com and search for **Run For Ukraine Virtual 5k**.

Prizes will be awarded for:

- 1.) Team with most participants.
- 2.) Individual with highest money fundraised.
- 3.) Individual with fastest completion time.



Prizes will be awarded at the BIG Event!



100% of proceeds from run sign ups will be donated to Airbnb.org Emergency shelter provides funds for citizens who have been displaced, and allows them to secure free short-term housing.

Questions? Contact jessica.turnitza@wilkes.edu OR megan.boone@wilkes.edu



NURSING STUDENT ORGANIZATION AND CIVIC ENGAGEMENT

UKRAINE RELIEF DONATION DRIVE

EMERGENCY DONATIONS NEEDED TO PROVIDE MEDICAL AID IN UKRAINIAN CONFLICT ZONE.

Items we are collecting for:

- First aid supplies (bandages, bandaids, gauze, antiseptic)
- Personal hygiene products (tooth paste, shampoo, deodorant, etc.,)
- Feminine hygiene products
- Blankets

UNITED WAY DAY OF CARING

**29TH ANNUAL DAY OF CARING
WEDNESDAY, MAY 11TH, 2022
START 8:00AM**

Save the date and come be a part of the United Way of Wyoming Valley's Day of Caring 2022. Choose from a wide range of various volunteer project opportunities including CEO Food Bank, Blue Chip Animal Refuge, Children's Service Center, Dress for Success, Eckley Miners Village, Patriots Cove, and several others! Sign yourself up, as well as your friends, coworkers, teammates, etc.! For more information contact Michelle LaMarca 570.829.6711 or mlamarca@unitedwaywb.org.



For more information or to sign up, be sure to visit:

<https://signup.com/client/invitation2/secure/357033571095448070/false#/invitation>