

Week of May 4, 2020



# THE Weekly Wolf

INFORMATION FOR THE STUDENTS OF NCCC

All submissions to the WEEKLY WOLF must be made to [studentsvcs@niagaracc.suny.edu](mailto:studentsvcs@niagaracc.suny.edu) prior to Monday morning at 9 a.m.

## Intramural/Recreation Virtual Activities:



## POWER ON

NCCC Intramural & Recreation Virtual Zoom Classes



MONDAY, MAY 4 • 5PM

**REJUVENATE** ZOOM MEETING ID: 389-861-245

This class will reconnect mind and body to relieve stress and tension through meditation and somatic based work.

Instructor: Kim Vincent, NCCC Adjunct Professor



WEDNESDAY, MAY 6 • 5PM

**ZUMBA** ZOOM MEETING ID: 785-897-1903 // PASSWORD: 01232010

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Instructor: Amanda Vincek, NCCC I&R Zumba Instructor



THURSDAY, MAY 7 • 9:30AM

**DALY METHOD** ZOOM MEETING ID: 729 0180 1372 // PASSWORD: 9jmZUN  
EXERCISE AND STRETCH

Concentrating on movement prep and functional exercises. Focus is on muscle activation, core strengthening and balance.

Instructor: Renee Daly, DC & ATC, owner of Daly Method



THURSDAY, MAY 7 • 3PM

**PILATES** ZOOM MEETING ID: 771 5038 4593

Exercise that consists of low-impact flexibility and muscular strength and endurance movements.

Instructor: Ana Salgado-Taylor, ATC



FRIDAY, MAY 8 • 10:30AM

**CROSSFIT** ZOOM MEETING ID: 533-632-192

An effective workout for losing weight, and improving aerobic performance, flexibility and agility.

Instructor: Wyatt Krueger, certified Crossfit Trainer & Owner of Crossfit Amherst



## NCCC ATHLETICS VIRTUAL BANQUET

7:00pm Wed. May 6th

Join us in celebrating the many accomplishments of our 2019-2020 NCCC Thunderwolves!  
The banquet will air on the NCCCThunderwolves YouTube channel.

Athletic Virtual Banquet: [NCCCThunderwolves](https://www.youtube.com/channel/UC...)

## Student Life Virtual Activities:

### **ALL WEEK:**

#### **#FlickFiesta**

Submit a picture of your pet decked out in beach gear or some beach themed chalk art you've created! Tag us on Facebook (@StudentlifeatNCCC) or Instagram (@nccc\_studentlife) – winners announced Friday!

### **Monday May 4<sup>th</sup>:**

#### **#MakeitMonday | 12pm | Facebook Live**

Learn how to make a Lei with Student Event Coordinator Miranda to wear at all our Beachy events for the week! Weeklong in-home Scavenger Hunt! Download the app GooseChase and enter code: [KK3L6M](#)

### **Tuesday May 5<sup>th</sup>:**

#### **Customized Pop Sockets | 2pm | Zoom**

Customize a pop socket and join us on zoom to hang out while it gets made! <https://us02web.zoom.us/j/88302573866>

#### **#TriviaTuesday | 7pm**

Join us to play travel themed trivia! Join here: [www.crowd.live/RAUWH](http://www.crowd.live/RAUWH) Code: RAUWH

### **Wednesday May 6<sup>th</sup>:**

#### **#WhipitUpWednesday | 1pm | Facebook Live**

Join SGA President Tayllor on Facebook to learn a fun beach themed recipe!

### **Awards Night | 4pm | Facebook Live**

Join to celebrate the accomplishments of all the amazing student leaders we have at NCCC!

### **Thursday May 7<sup>th</sup>:**

#### **Digi Caricature Artist | 2pm | Zoom**

Join on zoom to have a caricature of you drawn, first come first serve! Sign up here: <https://thecollege.fun/NCCCdraw>

#### **BINGO! | 7pm | Zoom**

It's Hawaiian night, over \$100 in prizes to be given away! <https://zoom.us/j/91688384391>

### **Friday May 8<sup>th</sup>:**

#### **#FitFriday | 11am | Facebook Live**

Get your body moving with a full body no equipment workout!

### **Thunderfest Artist Announcement Party! | 2pm | Zoom**

Find out who is coming to campus for Thunderfest! This artist is BIG! Also, your chance to win a FREE ticket to the show just for coming to hang out with us!



**APPLY TO BE AN  
ORIENTATION  
LEADER!**  
APPLICATIONS DUE MAY 6TH!

**DON'T MISS OUT ON  
THIS PAID  
LEADERSHIP  
OPPORTUNITY!**

Show off your NCCC  
pride, welcome new  
students, and  
make life long friends!

Email  
mshields@niagaracc.suny.edu  
for more info and an  
application!



## Campus Pantry:

Reminder: The Campus Pantry is open for online ordering. If you are in need of food, please be sure to submit your order by Wednesday at 12 pm for Friday pickup. Click this link to order <https://forms.gle/yMH1ArjeX45zznEj8>

*Molly Cole, Student Life Technical Assistant Student Life*

## Campus Well by Student Health 101 April 29, 2020 issue

Click to access: [StudentHealth 101](#)

NCCC Wellness Center Counselors are available for students remotely during the COVID-19 crisis. Please e-mail one of the Counselors for more information:

Janelle Ventura , LMSW [jventura@niagaracc.suny.edu](mailto:jventura@niagaracc.suny.edu)

Colleen Summerville, LMSW [csummerville@niagaracc.suny.edu](mailto:csummerville@niagaracc.suny.edu)

Joann Chopra, LMSW [jchopra@niagaracc.suny.edu](mailto:jchopra@niagaracc.suny.edu)

### Barnes & Noble Bookstore Rental Returns & Summer Term Information

The deadline to return rented books for the spring term has been extended until the end of the first week of the fall term. Emails detailing the return process are being sent to the address that students provided when renting the books. If you receive inquiries, please direct students to check that email address. These emails include order & return information as well as instructions on how to print a free UPS label to ship the books back. Please direct students to visit the bookstore websites at <https://niagaracc.bncollege.com> or <https://niagaraculinaryinstitute.bncollege.com> for more information.

The plan to reopen the bookstores is being developed in partnership with the NCCC Reopening Committee. The date to begin walk-in sales will be determined once direction is provided by the Governor, SUNY and NCCC. For summer session 1, all sales are planned to be online for delivery only. The plan for summer session 2 has not yet been determined. The safety of our staff and students is paramount. When permission is given to once again allow walk-in sales, safeguards will be in place for bookstore employees as well as social distancing protocols for customers such as line queue spacing and door controls. Please direct students to our websites or to contact the bookstore at [sm760@bncollege.com](mailto:sm760@bncollege.com). Thank you and stay safe!

Bob Puma  
General Manager  
Barnes & Noble at NCCC/Barnes & Noble at NFCI

## Academic Center for Excellence - Links & Updates

The link below provides information for tutoring services and ACE updates. ACE now has study guides and resources available for students on Blackboard Learn.

<https://drive.google.com/file/d/12gsmVkJFzO71fmqrXfDrPGGxy2gCYvpfR/view?usp=sharing>

If you have any questions, please email Madison Ebsary - [mepsary@niagaracc.suny.edu](mailto:mepsary@niagaracc.suny.edu) .

## Henrietta G. Lewis Library:

The NCCC librarians have developed a guide full of stress relieving activities and links just for you! When you're ready for a study break, please visit <http://libguides.niagaracc.suny.edu/virtualstressrelief>

Are you Looking for something to do this Summer? Click here to see [NCCC Summer Offerings](#)



## Red Cross to Operate Virtual Family Assistance Center to Support NYS Families Following COVID-19 Deaths

*Volunteers will provide emotional and spiritual care, referrals and support*

The American Red Cross is operating a virtual Family Assistance Center to provide comfort and support, information and referrals for New York State families that have lost loved ones to the COVID-19 Coronavirus. The virtual Family Assistance Center will link families to crisis counselors who will provide emotional and spiritual support, as well as information and referrals to help them navigate the challenging process they might be facing as a result of their loved one's death.

"These families are dealing with the emotional trauma of losing a loved one, while facing logistical challenges caused by this public health emergency," said Tara Hughes, Northeast Division Disaster Mental Health Advisor, who will be leading the virtual COVID-19 Family Assistance Center program. "We're proud to use the mass casualty experience of the Red Cross to join our community together and provide comfort and support to these families across New York State during these difficult times."

A team of 30 specially trained Red Cross Disaster Mental Health, Disaster Spiritual Care, and Health Services volunteers will be available to support families with their emotional and spiritual needs, as well as provide information and referrals to state and local agencies as well as other community organizations to help families meet their immediate needs. This may include challenges with moving their loved one's body through systems that may be overwhelmed and have different process than normal; legal resources for estate, custody, immigration, or other issues related to the death of their family member; information on how to obtain travel services; and more. All Family Assistance Center support will be provided virtually and is completely confidential.

Families who have lost loved ones to COVID-19 can fill out an online intake form, and a Family Assistance Center volunteer will contact them:

- English: [www.redcross.org/NYSCoVIDFamilySupport](http://www.redcross.org/NYSCoVIDFamilySupport)

- Spanish: [www.redcross.org/NYSCOVIDApoyoFamiliar](http://www.redcross.org/NYSCOVIDApoyoFamiliar)

Intake forms can also be filled out by a friend who thinks someone who needs help, or an agency working on behalf of the family. Those without online capabilities may call **585-957-8187**, and a volunteer will assist them with the initial intake process. The Family Assistance Center is expected to operate for as long as families will benefit from the service. Communities across the country count on the Red Cross for help every day – and supporting those communities is at the heart of what we do. Our work never stops, even during this coronavirus crisis, and we remain focused on delivering our lifesaving mission each day. We are [supplying blood products for patients in need of transfusions](#), including those who need surgery, cancer treatments, or trauma victims. We are coordinating with the U.S. Food and Drug Administration and blood industry partners to [collect plasma from individuals who are fully recovered from COVID-19](#) to help with treatment for the most seriously ill patients. We are helping families after home fires and other disasters by making sure they have a safe place to stay and food to eat. We are offering essential courses such as resuscitation, CPR and first aid—which help medical professionals and other workers stay current on their certifications. We are supporting military families and veterans with emergency communication messages and online workshops, and helping to aid communities worldwide through the Red Cross and Red Crescent network. Help the Red Cross deliver its lifesaving mission nationwide during this public health emergency by donating at [redcross.org](http://redcross.org), calling 1-800-REDCROSS or texting the word REDCROSS to 90999 to make a \$10 donation. Your gift enables the Red Cross to prepare for, respond to and help people recover from disasters big and small.

**Stay Well, Stay Safe!**