

SEPTEMBER 2023

CAMPUS VOICE

Connecticut State Community College Northwestern Campus



Honoring Our Past, Securing Our Future



Welcome Back!



Photo courtesy of Duc Tinh

Important Announcements, Events, News & More!

Want to place an announcement or something you wish to share next month?

Email Andrew Wetmore awetmore@nwcc.edu or call 860-738-6344



Welcome Back!

Photos courtesy of Duc Tinh



Fall 2023



A MESSAGE FROM PRESIDENT ROOKE

Dear Northwestern Students,

On behalf of everyone here at our beautiful campus, welcome to Northwestern! You have the distinct honor of being our inaugural class of CT State Northwestern students since our name change this summer and the formation of CT State Community College.

Everybody here, no matter what their role, wants you to succeed. Get to know us, say hi to someone that you don't know, find out what they do and you'll start to see that so many people here can help you get to wherever you want to go!

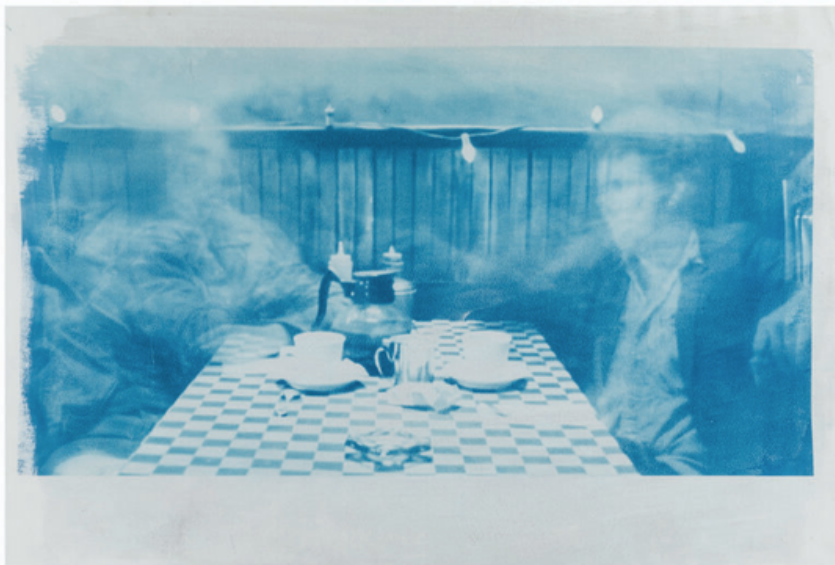
Get involved, join a club, join the student government - make the most of your time here, because it flies by. We all wish you all the success in the world.

President Rooke



THE GALLERY AT FOUNDERS' HALL

Christopher Swift



The Gallery at Founders' Hall proudly presents:

CYANOTYPE PROJECTION POSTERS

These posters challenge the conventional role and influence of printing by placing it at the forefront and introducing intricate complexities. Each piece is a cyanotype, yet the printing process deviates from the traditional use of the Sun or UV lamp. Instead, a video projector breathes life into the images, infusing them with motion and capturing time lapses that depict a prolonged exposure of previously recorded scenes. Furthermore, these works transcend the boundaries of traditional photography, as they are designed and arranged as posters rather than photographs. They embody a fascinating hybrid form, where both development and printing techniques converge in captivating synergy.

AUG 29 - SEPT 29, 2023

Artist Reception | Sept 20, 2023 | 3:00-5:00PM

For more about the exhibit and artist reception, please contact Deb Kline at dkline@nwcc.edu



Northwestern's 2023 Welcome Week!



Save the
Dates!

Northwestern Connecticut
Community College

Welcome Fair



September
11th-14th
2023!

WELCOME WEEK

- Monday- 9/11: 11am to 12pm
 - Bingo and Ice Cream Floats: FH Student Lounge
- Tuesday 9/12: 11am to 1pm
 - Welcome Fair - Outside Founders Hall. Free Food, Music, Campus Clubs, Dunk Tank, Inflatable Obstacle Course, and more! (Greenwood's Multipurpose Room for inclement weather).
- Wednesday
 - Escape Room: 10am to 3pm Greenwoods Hall Student Lounge. Email JKuns@nwcc.edu to sign up. Up to 5 people per group. Each group signs up for an hour block of time.
- Thursday
 - Food Truck: Free food from 11:30am to 12:30pm In front of Founders Hall. First come first serve.
 - Amazing Race Northwestern: 1pm Students will compete against each other in teams of 2 to complete a series of tasks. First THREE Teams to finish will win a gift card prize! Email jkuns@nwcc.edu to register your team.
 - Nelson Bello & Friends! Free Live Latin Jazz Band Concert! 6pm to 8pm on the Town Green across from Founders Hall.

Contact: Andrew Wetmore, Director of Student Activities awetmore@nwcc.edu



U-Pass Fall 2023

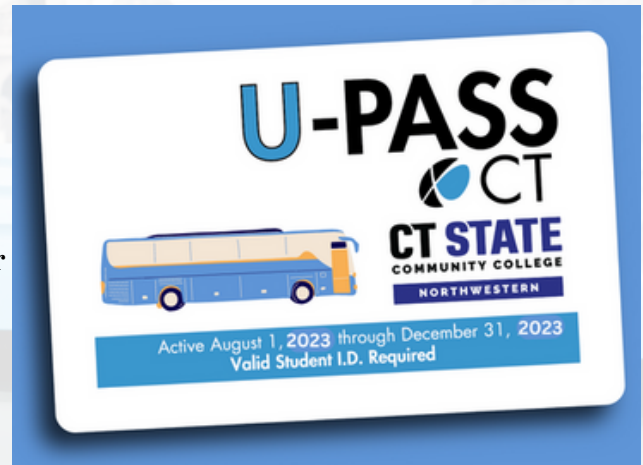
All you need is a U-Pass CT and your student ID to ride buses and trains in Connecticut.

Get where you need to go without having to pay a fare!

Who is eligible?

The U-Pass is available to both full- and part-time credit undergraduate students taking at least one class per semester on campus at the participating colleges and universities.

At this time, graduate students as well as exclusively online, non-credit, and early college/high school students are not eligible for the program.



Where can I obtain my UPass?

Students will be able to obtain a UPass when/where they obtain their student ID's after the start of the Fall Semester. You can obtain both at either the Office of Student Activities (GW110), The Cashiers Office or at the Library.

For how long is the pass effective?

The Fall semester U-Pass covers August 1-December 31.

What is the cost?

Each student is charged \$40 per semester for the pass. The DOT has set this special rate for our students only; normal cost to the public is \$63 per month. The transportation fee is considered an institutional charge, so financial aid may be applied.

What is required for students to use the pass and on what types of transportation can it be used?

Students must have a valid student ID to show along with their pass when using the transportation systems. Students can use the unlimited semester pass to travel within the state on rail or bus, including CTtransit and CTfastrak, but excluding Amtrak. Have your U-Pass and valid student ID ready when you board any of these services:

CANDYSTRIPER Northwestern CT Transit District (NWCTD)

Greater Bridgeport Transit (gbt)

Norwalk Transit Housatonic Area Regional Transit (HARTtransit)

Milford Transit South East Area Transit (SEAT)

Windham Region Transit District (WRTD)

9 TownTransit/Estuary Transit District Middletown Area Transit (MAT)

CTtransit & CTtransit Express

CTfastrak New Haven Line (intrastate travel only. Not valid for travel to NYC)

What happens if a student loses the pass?

A student may only be given one replacement pass per semester. After that, they must wait for the next semester to get a new pass.

What happens if a student attends multiple CSCU schools?

Students should only be charged once for the pass. Students will have to request a waiver after the payment of the first fee.



Fall 2023 Blood Drive



American Red Cross

Please schedule your blood donation appointment today

CT State Community College - Northwestern is proud to sponsor a blood drive with the American Red Cross on October 3, 2023. For most of us we have someone in our lives who has required blood at some point. We have employees who have recently required blood transfusions and without donations

An estimated 38 percent of Americans are eligible to give blood or platelets, but of those, less than 10 percent actually donate each year.

If you are healthy and eligible, please come out to donate. Most donations take about an hour, so book your appointment, roll up your sleeve and become a part of the lifesaving mission of the Red Cross and give the gift of life to those in need.

Drive Details:

Drive Date: October 3, 2023

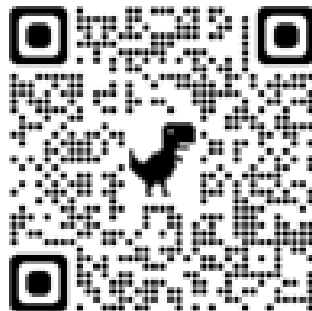
Primary contact: Gail Kulas

Drive Times: 9:00am to 5:00pm

Email: GKulas@nwcc.commnet.edu

Number: 860-738-6304

You can book your appointment using the link or QR Code below. They will take you directly to the appointment website. <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NWCCCT>



There are many ways you can help, so if you are unable to donate, please volunteer on one of our committees before, during or after the event. Most importantly we hope you participate and help us recruit donors from our campus and our communities.

You will hear more in the coming weeks. Book your appointment today!

Thank you,
Gail Kulas & the Volunteer Committee



SNA FUNDRAISER: WOOD'S PIT BBQ




The Student Nursing Association (SNA) celebrates a huge success following their Wood's Pit fundraiser. Students and community members had the opportunity to purchase an event ticket which included a soft drink, a main course item off the pre-fixed menu, and dessert. After selling nearly 100 tickets to the dinner event in Bantam, the SNA raised a significant amount of money to support the class of 2024 nursing students. The money will go towards the May pinning ceremony and related nursing expenses.

The SNA members want to thank those who sold and purchased tickets, assisted in providing desserts, and, most importantly, the Wood's Pit BBQ owner and staff for hosting the event.



SNA UPCOMING FUNDRAISER: PANERA BREAD


Join Northwestern's Student Nursing Association on September 8th from 4pm to 8pm for a fundraiser!

Bring the graphic here to the store on East Main Street, Torrington CT.  or use Promo Code FUND4U at Panerabread.com/ App to ensure proceeds go to the SNA!

20% of your order will go to the Student Nurse Association

Help support us!

CT State Northwestern Student Nurses Association



**September 8, 2023
4:00 pm to 8:00 pm EST
1902 East Main Street**

Use code **FUND4U** at online checkout, in the Panera App, or at the kiosk in-cafe.*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

©2023 Panera Bread. All Rights Reserved.
*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. **Services vary by cafe.

**20%
OF SALES
WILL BE
DONATED**



Northwestern CARE Team

Mission Statement:

The CARE team is a campus-wide team of appointed staff and faculty responsible for identifying, assessing, and responding to concerns and/or disruptive behaviors by students, faculty/staff, and community members who struggle academically, emotionally, or psychologically, or who present a risk to the health or safety of the college or its members.

Team Goals:

- Provide a safe and supportive physical and emotional environment for members of the college community.
- Identify, assess, and intervene with individuals who are struggling or who demonstrate concerning or threatening behavior.
- Provide support and resources to community members who are concerned for another individual.

CARE Referral:

Completing a CARE referral is an essential first step in supporting students in distress on your campus. Complete a referral when you have any concerning observations or interactions with a student or think they need more coordinated support. CARE referrals help connect students with support services including basic needs on and off-campus. Basic Needs can include those with housing and food insecurity, transportation, childcare, mental health and disability services. Completing a CARE referral will inform the CARE Team to reach out and offer further assistance in the areas needed.

Scan QR to Access Care Referral Form



Your one piece of information is important to contribute to building the community of support many students need to succeed.

Responding to Students in Distress

A quick reference guide for Faculty and Staff to recognizing, responding and referring distressed students.
 CARE Referral form: ctstate-advocate.symplicity.com/care_report

	Concerns and Warning Signs		
	Academic	Physical	Emotional
RECOGNIZE	<ul style="list-style-type: none"> • Talking and writing about violence, death or suicide. • Disorganized and inconsistent participation and class performance. • Repeated requests for extensions/ make-up examinations 	<ul style="list-style-type: none"> • Disheveled appearance, change in grooming/hygiene. • Visible recent self-harm marks. • Confused and/or rapid speech. • Appearing under the influence of alcohol or drugs. • Basic Needs • Food, housing, clothing, financial, and childcare support. 	<ul style="list-style-type: none"> • Reports of multiple stressful events (death, illness, trauma, relationship issues). • Marked change in behavior and mood fluctuations including: <ul style="list-style-type: none"> • Severe anxiety, irritability, angry hostile outbursts or aggressive comments. • Emotional flatness, expressions of hopelessness or worthlessness. • Extreme changes in energy, appearing out of touch with reality, hearing or seeing things that do not exist.
	<p>Safety First: Safety is a priority, call 911 for help if the student displays any threatening or potentially violent behavior.</p> <p>Be Proactive: Engage students early, pay attention to their needs and warning signs, and set limits on disruptive behavior.</p>		
RESPOND	<p>Be Direct:</p> <ol style="list-style-type: none"> 1. Directly ask about your concerns and/or the warning signs. 2. Directly ask, are you having thoughts of hurting yourself or suicide? Are you having thoughts of hurting others? 3. Ask yourself, do you believe there is imminent danger? <p><i>If you are unable to ask these direct questions, get someone who can.</i></p>		
	<p>Active Listening:</p> <ul style="list-style-type: none"> • Give your full attention. • Use a calm voice and take a few breaths. • Restate cause of student distress and help requested. 	<p>Concrete Help:</p> <ul style="list-style-type: none"> • Provide clear and concise recommendations. • Help them get to the next step (i.e., an appointment with their academic advisor, Timely Care or Wellness Counselor on campus.) 	<p>Consultation/Documentation:</p> <ul style="list-style-type: none"> • Following, document your interaction by completing a CARE Referral form. • FERPA permits communication regarding a student of concern when there is a legitimate need to know.

CARE Team Members

- Ruth E Gonzalez, Chair
- Andrew Wetmore, Co-Chair
- Kiersten Balboni – FA
- Mike Emanuel-Faculty
- Amanda Moreau-Adult Advocate SBAP
- Brian Plessinger-Campus Safety
- Jacqueline Kuns-Secretary
- Alayna Scarangelo-GPA
- Tracy Smith-Michnowicz-Faculty
- Jay Whitaker-Dean of Faculty and Students



Salem Mass. Bus Trip

CT State Northwestern

SALEM BUS TRIP

September 30th

Tickets will cost \$20 per student and \$20 per student guest. Tickets will cost \$40 for non-students (staff and faculty). Each student is limited to 2 guests. Payments must be made in the form of cash. The bus will leave Greenwoods building at 7:00am and arrive at Salem, MA around 10:00am. The bus will drop us off at the Salem Commons and you are free to roam around but must be ready to board the bus at 6:00pm. The bus will leave Salem Commons at 6:00pm sharp and return to Greenwoods building around 9:00pm.

If attending, you must fill out an activity waiver. Please email me at jkuns@nwcc.edu to set up a time to come by the student activity office located in Greenwoods Hall Rm. 110 to drop off cash payments and fill out your waiver.

Tickets are available for students and their guests to purchase starting September 11th. Registration for faculty and staff will start on September 18th. Tickets will be sold until seats run out.

Please contact
jkuns@nwcc.edu with
questions





Timely Care

FREE MENTAL HEALTH SERVICES

timelycare
Telehealth
for Students

**TOP QUALITY
VIRTUAL CARE
ANYTIME, ANYWHERE.**

MEDICAL TALKNOW SCHEDULED COUNSELING HEALTH COACHING

DOWNLOAD THE TIMELYCARE APP TO ACCESS
OR LEARN MORE AT [timelycare.com/ctstate](https://www.timelycare.com/ctstate)

The advertisement features the Timely Care logo at the top, followed by the text 'TOP QUALITY VIRTUAL CARE ANYTIME, ANYWHERE.' Below this are four icons representing services: Medical (a smartphone with a cross), Talknow (two speech bubbles), Scheduled Counseling (a clipboard), and Health Coaching (a heart). At the bottom, it instructs users to download the app or visit the website.

Emotional Support When Students Need It

- Unlimited 24/7, on-demand triage mental health support, coaching services, and crisis management by behavioral and health professionals.
- Provides support for a variety of issues, including critical situations.
- Eliminates the possible days or weeks of wait time for a student to get emotional support.
- Removes possible stigma of a student walking into clinic seeking mental health resources.
- Helps manage demand for counseling center services with virtual visits.
- Patient records can be shared back to counseling center.

Contact Dr. Ruth Gonzalez regarding how to access these services- rgonzalez@nwcc.edu 860-738-6315



YOGA CLASS STARTS 9/12- SIGN UP NOW

Online Yoga Class with Professor Young
Tuesdays from 5:30pm to 6:30pm

Class starts September 12th, Earn Credits!
Register Today!



NORTHWESTERN LIBRARY HOURS FALL 2023

On-Ground Services Available*

Monday – Thursday
9:00 a.m. – 5:00 p.m.

Chat Services Available**

Monday-Thursday
9:00 a.m. – 7:30 p.m.

Friday
9:00 a.m. 4:30 p.m.

Saturday
10:00 a.m. – 2:00 p.m.

Sunday
10:00 a.m. – 2:00 p.m.



*Due to staffing reductions, the physical Northwestern Library is open Monday through Thursday. There are no evening hours for the fall semester.

**The CT State Library chat service is now available seven days each week during the semester.

This chat service is staffed by librarians across the CT State Library and is available for students, faculty and staff who need research assistance. Chat service is accessible through the Northwestern Library webpage.



STUDENT SUPPORT LINKS

CT STATE
COMMUNITY COLLEGE

NORTHWESTERN

**Mental Health
Self Screening**

SCAN ME



**988 Suicide &
Crisis Life-Line**

SCAN ME



**Mental Health
Counselings Help**

SCAN ME



Campus Events

SCAN ME



STUDENT EMERGENCY FUND

NSEF | Northwestern Student
Emergency Fund

The Northwestern Student Emergency Fund (NSEF) was established to provide a source of funds for current and enrolled CT State Northwestern students who encounter unexpected emergency expenses, which fall within the parameters of eligibility. Students should contact Dr. Ruth Gonzalez, Director of the Office of Student and Community Life prior to applying for funds.

Dr. Ruth Gonzalez, Director of the Office of Student and Community Life
Goulet House, 1st floor (56 Park Place)
email: rgonzalez@nwcc.edu | phone: 860-738-6315

To review the guidelines for applying and to find the application form please visit:
<https://nwcc.edu/nsef/>



McCall Center 1st Annual Trails to Wellness Event

This annual event is intended to celebrate the many pathways to recovery and to share area resources for holistic health, wellness, and recovery with the community and individuals, families, and friends impacted by addiction.

Please note the following activities will be presented: Yoga, Sound healing, meditation, All recovery meeting, aromatherapy, therapy dogs, crystals, Canvas painting, Gardening, Nutrition.

McCall is also looking for donations of snacks, waters, etc. for the event. Thank you and we look forward to this exciting event!

For questions, please contact:
Alicia Peterson, RSS (she/her/hers)
Community Engagement Specialist
959.229.4001

1st Annual
Trails To
Wellness

"Recovery is not a destination, but a journey."

Tuesday, September 26, 2023 5-8pm
Coe Memorial Park, Torrington, CT
Activities include Yoga, sound healing,
aromatherapy, and other recovery focused
activities.

RECOVERY



FALL 2023 SEMESTER ACADEMIC CALENDAR

AUGUST

August 25 – CC Faculty Semester Begins

August 28 – CSU Work Year Starts

August 29 – CSCU Classes Start

SEPTEMBER

September 4 – Labor Day, NO CLASSES

NOVEMBER

November 7 – CC Reading Day, NO CLASSES

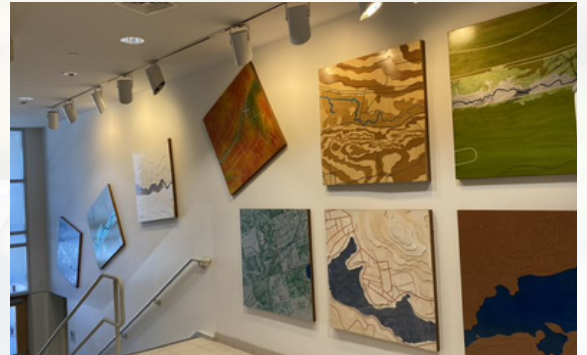
November 22-26 – Thanksgiving Recess, NO CLASSES

DECEMBER

December 11-17 – CSU Final Exams

December 12-18 – CC Final Exams

December 23 – CC Faculty Semester Ends



SNAP E&T:

Get the Skills to Pay the Bills!



SNAP Employment & Training (E&T) is a free, Federal job training program designed to help SNAP (EBT/food stamp) recipients gain skills to increase financial stability.

If a person is receiving SNAP in Connecticut and is not receiving Temporary Family Assistance (TFA-Temporary Cash Assistance), they may be eligible to participate in no-cost job training at any of the CT Community Colleges. Existing students can also apply for assistance with books, uniforms, transportation costs and any other program-related expenses.

SNAP E&T scholarships are offered all year long so it's always the right time to apply!

To get started, contact Erin Kennedy at EKennedy@nwcc.edu or (860) 738-6419 for information regarding SNAP E&T at NCCC or visit our website at:

<https://www.nwcc.edu/snap/>



2-1-1-

HOW CAN WE HELP YOU?



**CONNECT WITH
HELP AT
WWW.211CT.ORG
OR DIAL 2-1-1**

Out-of-State: 1-800-203-1234
TTY: 800-671-0737

*Free...Confidential.....
24 Hours a Day Every
Day.....Multilingual/TTY*



2-1-1 connects people to the resources they need to address everyday challenges of living and those that develop during times of community emergencies.

- Housing
- Child Care
- Energy Assistance
- Health Care
- Substance Abuse Treatment
- Veteran's Services
- Food
- Suicide Prevention
- Tax Prep
- Job Training
- Senior Services
- and more

In addition to referring callers to a wide range of health and human service resources, 2-1-1 offers specialized programs to address specific needs and situations.

- 2-1-1 Navigator
- 2-1-1 Child Care
- 2-1-1 Child Development Infoline
- Mobile Crisis Service



2-1-1 is supported by the State of Connecticut and Connecticut United Ways.