

## GREETINGS FROM A GRIFFIN



Hello everyone!

I want you to know you all are on my mind daily and I am so ready for all of us to be back on-campus together. I know it this is a challenging and unprecedented time and courses have been moved online and activities have been cut short or moved online but I hope you are making the most of the time and those of whom you share it. Please stay safe and I look forward to seeing all of you when it is safe for us to be together.

Maria Buckel  
Interim Vice President for Enrollment Management and Marketing  
Director of Athletics  
Fontbonne University  
314-889-4533

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## ANNOUNCEMENTS AND UPDATES

### Update on the Fontbonne West Campus

Many of you may or may not be aware that two years ago Fontbonne purchased a property, John F. Kennedy High School, located in Manchester, Missouri, approximately 10 miles west of campus. The intent was to renovate the former school as a facility for adult learning and graduate classes and as a central location for Fontbonne Athletics. As the environment of higher learning continues to evolve, we have decided to release the property and invest our focus and resources entirely on our main Clayton campus in order to best serve all of you - our current students - as well as future students.

We believe focusing solely on our Clayton campus allows us to more fully commit to our mission while preserving the University's success well into the future. We also remain dedicated to Fontbonne athletics and its importance to the institution, continuing to provide student-athletes the facilities and resources needed to be successful both in

and out of the classroom. Selling West allows us to reallocate expenditures to pursue this goal and new pathways to success.

### Important Changes to Billing

Students, please watch your Fontbonne emails for detailed information about changes to the way you'll receive your bill upon registration for Summer/Fall 2020! Paper bills WILL NOT be mailed given the current situation; therefore, it is very important to follow the guidance you'll receive in upcoming emails from Megan Morton, Director of Billing.

### Goosetree Stevens Award Nominations

Students: We need your help! Each year the university awards one full-time professor and one adjunct professor an excellence in teaching award called the Goosetree Stevens award. We need your nominations and input. Have you been helped immensely by a professor? Did he or she go out of his or her way to make sure you understood a difficult subject? Do you know someone that is a really fun and effective instructor? We want to know! Fill out the anonymous survey link below by April 15<sup>th</sup>.

<https://www.surveymonkey.com/r/FbUTeachingAward20>

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## STAY CONNECTED

### SpringFest '20 Party Pack- Mailed To You!

The University Programming Council is sending out 250 SpringFest Party Packs straight to you! Click this link to register for a party pack before 4/15/2020 at noon!

<https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUy0iCRpmvdAXUp4Pnt5hixFlwd-YoTIsW5UNUNISUM3NTRDVDJURFUzM1RTOUg4TVg2Qi4u>

### Meet with a Librarian via Zoom

The librarian can screen-share and help you navigate databases and other resources.

Email [libraryhelp@fontbonne.edu](mailto:libraryhelp@fontbonne.edu) to schedule a time. In addition, the Taylor Library continues to offer services and resources via our website (<https://library.fontbonne.edu>), email ([libraryhelp@fontbonne.edu](mailto:libraryhelp@fontbonne.edu)), and phone (314-889-1417). Please do not hesitate to contact us!



Don't forget to connect with us on social media!  
Fontbonne University: [Facebook](#) and [Instagram](#)  
Fontbonne Events: [Instagram](#)

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## GRIFFIN SERIES OF POP CULTURE

Stay engaged with us each week by participating in our virtual trivia called 'Griffin Series of Pop Culture'. Complete your trivia sheet (through the form below) each week. We will tally up the correct answers, and then each week we will identify a winner and mail you out a Fontbonne Prize Pack! Even if pop culture isn't your thing, that's okay, we will still enter all participants into a raffle for a prize to be selected at the end of the semester!

We had a great response with the first week! It's time to play again!! [Click here for round two!](#)



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## CAREER CORNER

A message from the Office of Career Development

In this week's message I want to share a few small videos to help you perform at your best when utilize career development skills. The following videos are short in length but large in the knowledge that you will gain in order to stay ahead of your competition. Please take a moment to enjoy these videos. In addition, by logging in to Purple Briefcase and selecting the Administration Profile option, virtual appointments can be made with the Career Development team.

Purple Briefcase Login: <https://app.purplebriefcase.com/pb/account/logout?s=Fontbonne>

1. <https://app.purplebriefcase.com/pb/myChannel/view/292>
  2. <https://app.purplebriefcase.com/pb/myChannel/view/564>
  3. <https://app.purplebriefcase.com/pb/myChannel/view/422>
  4. <https://app.purplebriefcase.com/pb/myChannel/view/335>
  5. <https://app.purplebriefcase.com/pb/myChannel/view/320>
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## LIVING OUR MISSION

Amongst these challenging times, we must continue to live our mission and serve thy dear neighbor.

**Volunteer From Home:** There are volunteer-from-home opportunities (such as reading newspapers for individuals who are visually-impaired, writing grants, creating websites, calling isolated senior citizens, etc.) which can be found at <https://www.stlvolunteer.org/volunteerfromhome>. The United Way continues to update this site as more organizations are offering virtual volunteer opportunities. If a Fontbonne Community member does not already have an STLvolunteer account, the attached document describes how to sign up!

**Pause for Peace:** Campus Ministry is continuing the "Pause for Peace" program via social media and email. We invite people to spend 1 min in silence to reflect on internal, local, national, and international peace from noon - 12:01 on Mondays.

**Online Mass:** Join us for online Catholic Mass at <https://campusministry.nd.edu/mass-worship/basilica-of-the-sacred-heart/watch-mass/> at Notre Dame or <http://www.washucsc.org/> at Washington University. Notre Dame offers Sunday and Weekly Masses. WASHU has weekly reflections and Sunday liturgies.

Stay informed about **Campus Ministry** news and events [here](#).

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## **A MESSAGE FROM OUR CAMPUS NURSE**

Fontbonne holds the health and safety of our campus community as a top priority and wants to ensure that all of our community members stay healthy and safe. Please read the enclosed on ways to maintain your health and well-being during COVID 19. Check out the video under "Social Distancing." Don't forget to take care of your mental health; see resources from Therese Jacques, LPC, Director, Fontbonne Counseling and Wellness.

### **Symptoms of COVID 19 and Safety Tips to Avoid spread of Disease**

#### **Fontbonne is taking the Stay at Home order seriously.**

Remain at home. Please only go out for medical appointments, runs to the pharmacy or grocery store. If you are out in public, you could be putting yourself and others at risk as well as violating an order through the county government. Please remember social distancing is for your well-being and the well-being of your families, friends and our local community.

#### **Social Distancing**

Maintain a distance of 6 feet from one another. Limit number of people in one room to 6. Living in the residential halls? Please keep 6 feet between you and the other person, you may not be able to fit 6 persons in your rooms! If you are currently living in the Res Halls, use grab and go services in the Ryan dining room. Eat in a lounge or your room. Walking and exercise outside for exercise is fine as long as you keep a distance of 6 feet between you and another person.

Here is a great video produced by college students encouraging social distancing:

<https://www.youtube.com/watch?v=d5lhcOOjWNw&feature=youtu.be&t=31>

#### **Hand washing**

This is a gentle reminder to remember to wash your hands frequently. Turn on the water, wet your hands and apply soap. Rub and wash for 20 seconds, then rinse. If you do not have soap and water available, use a hand sanitizer containing at least 60% alcohol.

#### **Covering coughs and sneezes**

Cover your mouth and nose with a tissue, or use your sleeve, when you cough or sneeze. Throw the used tissues into a lined trashcan. Immediately wash your hands with soap and water. If water is not available use hand sanitizer.

#### **Continue to report illnesses Carla Hagan, Campus Nurse**

Even though you are taking your courses online, please continue to let me know if you are sick. The University wants me to track all illnesses whether related to COVID-19 or another sickness. This will allow me to know how the COVID-19 virus is affecting our community as well as offer support in the form of referrals and medical assistance. Here is my contact information: [chagan@fontbonne.edu](mailto:chagan@fontbonne.edu).

## **Mental Health Resources**

### **Stress and Coping**

Responding to COVID 19 can take an emotional toll on you. Please see resources below of ways to cope with stress during COVID 19 outbreak. Contact Therese Jacques, LPC, Director, Fontbonne Counseling and Wellness, directly if you require additional resources or need more support, [tjacques@fontbonne.edu](mailto:tjacques@fontbonne.edu).

World Health Organization Flyer/Coping with Stress During COVID-19 outbreak:

[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

Coping with Stress during Infectious Disease Outbreaks:

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Taking Care of Your Emotional Health:

<https://emergency.cdc.gov/coping/selfcare.asp>

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As a reminder, Fontbonne students have access to Therapy Assistance online/TAO and ASK LISTEN REFER. See link on Fontbonne Counseling and Wellness website:

<https://www.fontbonne.edu/student-life/student-services/counseling-wellness/>

[https://www.taoconnect.org/what\\_is\\_tao/us/](https://www.taoconnect.org/what_is_tao/us/)

<http://www.asklistenrefer.org/>

### **Other resources**

Behavioral Health Response at (314) 469-6644

**National Suicide Prevention Hotline: 1-800-273-TALK (8255)** (a live chat is available at <http://www.suicidepreventionlifeline.org>)

Please address any questions or concerns you may have.

Stay well!

Carla Hagan, RN

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## **WEEKLY REFLECTION**

This Holy Week will be different. Our churches may be closed, but Christ is not quarantined and his Gospel is not in chains. Our Creator's heart remains open to every man and woman. Even though we cannot worship together, each of us can seek the divine in the tabernacles of our own hearts.

“Because the Creator loves us, and because this love can never change, we should not be afraid, even in this time of trial and testing. In these mysteries that we remember this week, let us renew our faith in the Creator's love and that we are granted peace in our day.

*-by the US Council of Catholic Bishops*

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**Stay up to date with the most recent communications about COVID-19 and resources available to you by clicking [here](#).**

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**Have news to share in an upcoming issue of this mailer?  
Email Janelle Julian at [jjulian@fontbonne.edu](mailto:jjulian@fontbonne.edu) by Fridays at noon.**

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**Janelle A. Julian, Ph.D.**

Assistant Vice President for Student Affairs

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6800 Wydown Blvd  
St. Louis, MO 63105  
314 719 8057 office  
fontbonne.edu

