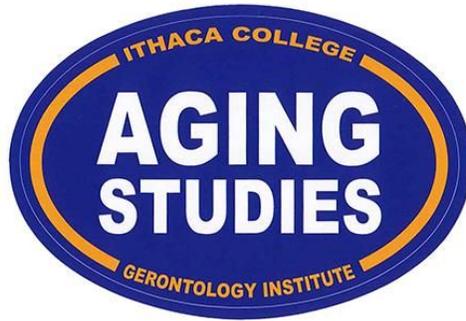


# Student Newsletter

## April Edition



### Student Spotlight

Emilia is a senior Therapeutic Recreation major with minors in Aging Studies and Outdoor Pursuits.

This semester she has worked with Dr. Elizabeth Bergman to study social isolation among older adults in care facilities.

To find out more about Emilia's study [click here](#)



### Alumni Spotlight - Sophie Hudes

Sophie Hudes graduated from IC in 2019 with an Aging Studies major and minors in both Health Policy Management and Counseling.

Currently Sophie is the Assistant Director of Lifestyle Engagement at Sycamore Living in East Hanover, New Jersey.

To read more about her story [click here](#)



### Faculty Spotlight - Prof. Jessica Valdez Taves

Professor Valdez Taves graduated from Ithaca College with a BA in Psychology and a minor in Recreation and Leisure studies. She received her MS from Colorado State University.

Currently Professor Valdez Taves is an Assistant Professor and the Longview Partnership Coordinator. She also teaches introductory level aging courses

During this time, Professor Valdez Taves has been helping residents get strong and healthy in the rehab department at Cayuga Nursing and Rehab.



## Staff Spotlight - Lisa Richards

Lisa is the Finger Lakes Geriatric Education Center Programs Manager. She is part of a group that makes masks for local housing complexes and organizations that assist the older adult population. Thank you for all that you do!



## Fun Occupations

### Mary Crawford

Major: Occupational Therapy  
Minor: Aging Studies  
Graduating class: 2021

"I am a person who needs to have a project at all times, or else I feel unproductive. So I figured there was no better time than now to finally learn how to knit a hat! This is a perfect way to relax and prepare for next years Christmas and Hanukkah presents!"  
- Mary Crawford '21



### Tyler Webster

Major: Occupational Therapy  
Minor: Aging Studies  
Graduating class: 2021

"Hacky sack has been a fun way to stay moving when you can't leave the yard. It is also great for reconnecting with my dad, who I don't get to see as often anymore since I am usually away at school."  
-Tyler Webster '21



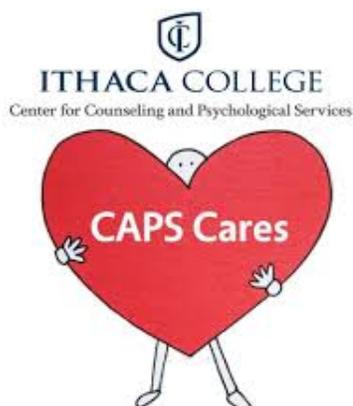
**Let us know what you are doing at home, and we will feature you on our next monthly newsletter!**



## Academic Advising Center

The Academic Advising center is still offering academic support through virtual drop-in visits and zoom appointments. Services will be provided throughout the rest of the 2020 Spring Semester!

[Make an Appointment](#)



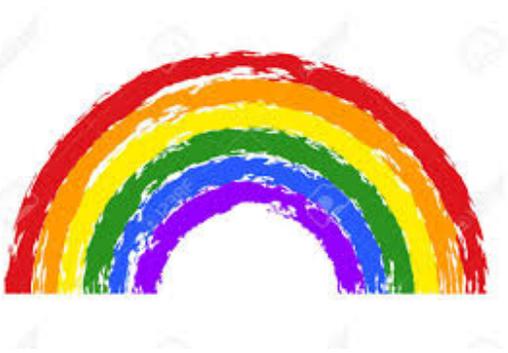
## Center for Counseling and Psychological Services (CAPS)

CAPS appointments will not be offered via telehealth. Students can reach out through email and phone for questions or to set up an appointment.

Email: [counseling@ithaca.edu](mailto:counseling@ithaca.edu)

Phone: (607)274-33136

[Click here for more information!](#)



## Center for LGBT Education, Outreach & Services

Services and support will still be provided to students online.

For more information on how to reach out and receive services [here](#)



## Additional Resources

For more information on resources that are available through the Ithaca College Community please check out the links down below. Please know that we are here for you during this time!

Resources available for students [here](#)

Resources available for older adults [here](#)



## Self-Care

Taking good care of yourself should be a priority during this challenging and uncertain time. We make better decisions when we're calm and can focus on the big picture.

### Some ideas



## Social Isolation Busters

As we stay at home to flatten the curve, we can take advantage of the time we've gained by learning or doing something new. Some activities require a device and an internet connection. Others are old school.

### To do at home

## Qualitative COVID - 19 Research



### "Telling our Stories: in the Age of COVID-19"

A research scientist at the Bronfenbrenner Center for Translational Research at the College of Human Ecology is looking for individual's stories during this time.

### Journaling Project

## Volunteer Opportunities

### Reach Out Locally

During these uncertain times there are many organizations are really struggling. If you are feeling like you want to volunteer your time to help get through this crisis we recommend that you reach out to organizations in your area.

Examples:

**Office for the Aging** in your county

**Meals on Wheels** in your area

Local Senior Centers



## Reach Out to us on Instagram!

**@ic\_agingstudies**

## Find us on Instagram!

Let us know what you are doing during this time, to be featured on our Instagram throughout the week or as our Monday Motivation!

We'd love to feature anyone that wants to be shown off on our Instagram!

Feel free to either DM us on Instagram or send an email to **Izzy Carney**



## We Want to Hear From you



### Monthly Student Newsletter

Do you want to be featured in our monthly student newsletter? Would you like to spread the word about events and volunteer opportunities? If so, please contact **Jessica Martinez-Peraza**.

## Follow us on Social Media

