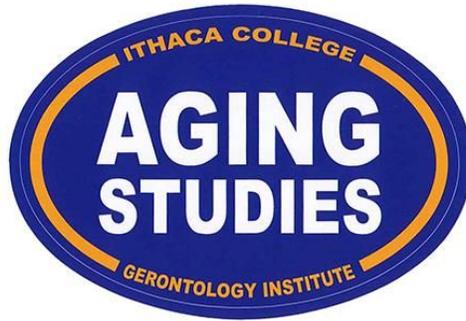


Student Newsletter

May Edition



Spotlight: IC Class of 2020



Congratulations!
Class of
2020

As the year comes to an end, we would like to give a shout out to all the seniors of the 2020 graduating class!

You have all worked very hard and should be proud of all your accomplishments while at IC. We are excited to see what this new chapter will look for you all!

CONGRATULATIONS
CLASS OF 2020!

Fun Occupations



Mary Yostpille

Major: Physical Therapy
Minor: Aging Studies
Graduating Class: 2020

"Going to the beach has been something that I have loved doing my whole life, and being able to get out of the house and enjoy the beauty of it during this time has really helped lift my morales and keep a positive mindset during this nerve-wracking time."

Resources

Aging Studies students created resources and how-to's for older adults to stay connected during the pandemic: food delivery, video calling, Netflix, meditation, spirituality, books, museums and more.



[**Take a Look Here**](#)

Tips for Finals Week!

As Finals week is just around the corner, make sure to take breaks between studying, get a good nights sleep and eat well-balanced meals!

If you need assistance with course content reach out to professors and friends to make a study group!

For some helpful tips and some research that has been done on the importance of taking breaks

[**Click Here**](#)



Volunteer Opportunities

Reach Out Locally

During these uncertain times there are many organizations that 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



Summer Break!

Summer is just around the corner and we would like to wish everyone a fun and relaxing summer.

Please stay safe, and we hope to see you all back on the Ithaca College Campus in the Fall.



Check Out This Video



This facility Created a 1950's town to care for people with Alzheimer's disease.

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

