



Spring 2021

Newsletter for Job Corps Health & Wellness Staff

Solutions

In this Issue >>> [Recreation during COVID-19](#) [Center Happenings](#) [Health Observances](#) [Webinars](#)

Recreation during COVID-19

Job Corps centers have come up with creative ways to keep students physically active and social, while staying protected from COVID-19. From art projects to scavenger hunts, Job Corps students are having fun as they are returning to center. Check out the photo spread on the following pages to see what's going on across the country.

Recreation is beneficial for the students' bodies and minds. Allowing students to participate in non-contact sports, exercise opportunities, and games will enhance the students' experience in Job Corps and help them to become healthier, while minimizing stress. Recreational programming and activities are required in the Job Corps Policy and Requirements Handbook (PRH [Chapter 2, Section 2.3, R9](#) and [Section 2.2, R4](#)) and in [Program Instruction 20-08 Job Corps Center Resumption of Physical Center Operations Checklist for COVID-19](#) (Attachment: [20-08a](#)). Recreational activities must include mask wearing, physical distancing, and hand hygiene.



The following articles provide ideas for activities that can be modified for Job Corps students:

- [53 Virtual Activity Ideas to Keep College Students Engaged During COVID-19](#)
- [10 Ways to Engage Residents During COVID-19](#)
- [Suddenly Remote: 20 Virtual Event & Activity Ideas for Off-Campus Engagement](#)



Center Recreation

Step It Up Challenge — Cassadaga

Submitted by: Christy Moore, TEAP Specialist

Cassadaga started a Step It Up Challenge for students and staff with the goal of 10,000 steps a day. Each month healthy prizes are awarded to the top stepper and most improved stepper.

The center also creates a weekly recreation schedule for students that includes: game room/movies, weight room by appointment, horror movie night, and arts and crafts. All activities require face masks and social distancing.

Step it Up Challenge

Starting March 5th, 2021

Taking 10,000 steps a day can lead to a decrease in chronic illness

How many steps can you take in a day?

How Students AND Staff can Participate:

- Start tracking your steps- use any app "MyFitnessPal" is free & great but there are many free apps out there, we also have pedometers if you do not have access to a phone or app
- Record your steps weekly with Café, H&W, or a Residential Advisor
- Monday-Friday walk club 4pm Start School to Base and Back to School for one mile – Get your metabolism up right before dinner!
- Each Month Healthy Prizes will be awarded to the top Stepper and also most improved Stepper(Prizes Below)



Recreation Schedule

Monday, March 15 – Sunday, March 21 2021

MONDAY, March 15

3:30 PM Recreation Opens
3:30-9:45 Game Room/Movies
3:30-9:45 Weight Room by Appointment
7:00-7:30 Counseling Google Meet w/ Danville
9:45 PM Recreation Closes

TUESDAY, March 16

3:30 PM Recreation Opens
3:30-9:45 Game Room/Movies
3:30-9:45 Weight Room by Appointment
7:00-7:30 Counseling Google Meet w/ Joe
9:45 pm Recreation Closes

WEDNESDAY, March 17

3:00 PM Leadership Call (Lifesize #8921057)
3:30 PM Recreation Opens
3:30-9:45 Game Room/Movies
3:30-9:45 Weight Room by Appointment
3:00-6:00 Residential Google Meet Discussion
9:45 PM Recreation Closes

THURSDAY, March 18

2:00 PM Student Leadership Call (Lifesize #8921057)
3:30 PM Recreation Opens
3:30-9:45 Weight Room by Appointment
3:30-9:45 Movies, Game Room
6:00-8:00 Arts and Crafts Open
7:00-7:30 Counseling Google Meet w/ Lindsay
8:00-9:30 Horror Movie
9:45 PM Recreation Closes

FRIDAY, March 19

3:30 PM Recreation Opens
3:30-11:45 Weight Room by Appointment
3:30-11:45 Game Room, Movies
4:00-7:00 Recreation Committee Meeting
4:00-7:00 Running in the gym
6:00-7:00 Solo Basketball in the Gym
9:00-10:00 Pool Tournament
11:45 PM Recreation Closes

SATURDAY, March 20

3:30PM Recreation Opens
3:30-5:00 Weight Room by Appointment
3:30-5:00 Game Room, Movies
5:00-6:00 Rec Closed for Dinner
6:00-11:45 Weight Room by Appointment
6:00-11:45 Game Room, Movies
11:00-11:30 Google Rec classroom with Ryan
11:45 PM Recreation Closes

SUNDAY, March 21

12:00 PM Recreation Opens
12:00-4:45 Weight Room by Appointment
12:00-4:45 Game Room, Movies
2:00-6:00 Arts and Crafts Open
4:00-5:00 Running or Circuits in the gym
5:00-6:00 Rec Closed for Dinner
6:00-9:45 Weight Room by Appointment
6:00-9:45 Game Room, Movies
6:00-7:30 Basketball in the Gym
9:45 PM Recreation Closes



Weekly Recreation Calendar — Denison

Submitted by: Rhiannon Stueve, TEAP Specialist

The center creates a weekly activities calendar for students. The center has limits to when and how many students can be in recreation due to social distancing guidelines. A few of the activities listed are:

- Women's History Month Word Search
- Eight Ball Pool Tournament
- Video Game Tournament: Call of Duty — WW2
- Around the Word Basketball Tournament
- Women's History Month Crossword Puzzle
- Guitar Class with Conrad
- UNO Tournament
- Art Contest
- Philosophy Club with Conrad
- Yoga
- Shuffleboard Tournament
- Socially Distanced Movie in Honor of Women's History Month — "A League of Their Own"
- Bingo
- Heads Up Competition
- Women's History Month Trivia: "Famous Female Firsts"

DJCC Recreation & Leisure Activities						
March 15 – March 21, 2021						
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
Open: 4-8:30pm	Open: 4-8:30pm	Open: 4-7:30pm	Open: 4-8:30pm	Open: 12-11:30pm	Open: 12-11:30pm	Open: 12-8:30pm
Third Week of Women's History Month		SPRIT NIGHT				
4:00pm WORD SEARCH Women's History Month Word Search "Famous Female Firsts" Complete before 8:30 PM to earn 10 Points	6:00pm CALL OF DUTY Video Game Tournament: Call of Duty – WW2 Earn: 2 Points Winner: 10 Points	4:00pm St. Patrick's DAY Women's History Month Crossword Puzzle "Famous Female Firsts" Complete before 7:30 PM to earn 10 Points	6:00pm UNO TOURNAMENT UNO Tournament Earn: 2 Points Winner: 10 Points	6:00pm FEEL SMART PHILOSOPHY CLUB Philosophy Club w/ Conrad Earn: 5 Points	3:30pm Arts & Crafts Class Earn: 10 Points	12:00pm – 1:00pm Panther Store Open!
7:00pm EIGHT BALL POOL TOURNAMENT Earn: 2 Points Winner: 10 Points	7:00pm AROUND THE WORLD BASKETBALL TOURNAMENT Earn: 2 Points Winner: 10 Points	6:00pm GUITAR CLASS w/ Conrad Earn: 5 Points	7:00pm ART CONTEST Art Contest Earn: 2 Points Winner: 10 Points	7:00pm YOGA Earn: 10 Points	7:00pm Socially Distanced Movie In Honor of Women's History Month "A League of Their Own"	3:00pm HEADS UP! Heads Up Competition Earn: 2 Points Winner: 10 Points
<small>*If you can tell a staff member what the Center System Standard is for this week and explain it, you can win 20 Points.</small>		<small>*If you can tell a staff member the name of a woman whose name is on the field and her impact on society through all sports 20 Points. This task can be completed at any time this week.</small>			10:00pm BINGO! Earn: 2 Points Winner: 10 Points	7:00pm WOMEN'S HISTORY MONTH TRIVIA "FAMOUS FEMALE FIRSTS" Earn: 2 Points Top Three: 10 Points Winner: Gift Card

For each Women's History Month activity you participate in (except for watching the movie), you will earn an entry into a drawing for a gift card at the end of the month!

Activities and Toys — Gary

Submitted by: Hildy Dinkins, Center Mental Health Consultant

Shared Clearfield and Gary student Mika (1st picture) decorated for St. Patrick's Day and getting on her green at Gary JCC, while visiting with Wellness staff. She received a fidget spinner and a fidget cube as well for the holiday.

Gary student Erinna (2nd picture) in the Wellness Center getting drawing materials and a water bottle.



Grab and Go Greens — Glenmont

Submitted by: Michael Farias, Adams and Associates, Inc.

Glenmont has been putting the "health" back into healthy environment as students return to center. Students now have access to a new grab and go HEALS station, offering selections such as avocado toast, hummus with pretzels, chopped kale salad with chicken or tuna salad, and green smoothies. The stations are the result of feedback students provided to the Food Service Committee, which meets every Friday at 3pm. Bon Appetit!



Knitting and Yoga — Gerald R. Ford

Submitted by: Cynthia Gladyness, Health & Wellness Consultant

The Gerald R. Ford JCC provides weekly knitting and yoga classes inviting all students to help them stay focused and manage their stress level. Instructors were able to get 50% participation from students.

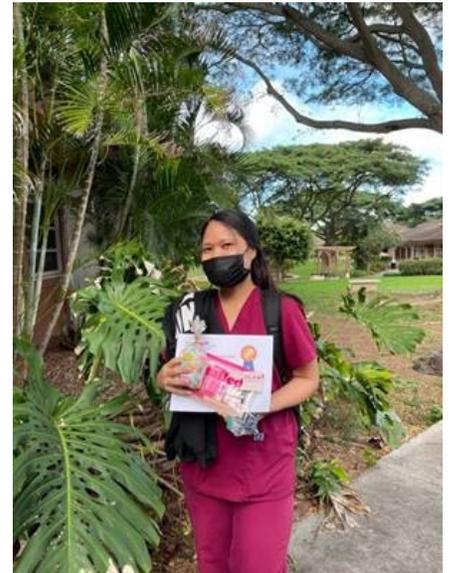


Symptom Tracker — Hawaii

Submitted by: Ferna Idica, Health & Wellness Manager

The Hawaii JCC came up with a plan to get trainees to complete their COVID Symptom Trackers. If a student has 100% completion in a month they receive a certificate, new cloth face mask, and a personal care item from a table of goodies (soaps, shampoos, deodorants, etc.).

The student pictured was presented with her certificate, cloth mask, and a Valentine Goodie Bag (she chose a manicure kit).



The center handed out 17 certificates in January and 42 certificates in February.

Plant Therapy — Glenmont

Submitted by: Erin Ferguson, Center Director

Dr. Juby, Center Mental Health Consultant, spoke with Ms. Ferguson, Center Director, about a student idea to improve overall center mental health. The idea, originated by student Kat Johnson, involved Plant Therapy! [Plant Therapy](#) has proven that the presence of plants can improve mood and overall well-being of people! Ms. Ferguson thought this was an amazing idea and approved the purchase of plants!

The center then purchased small plants including Cactus, Aloe, Succulents and other leafy plants and students were able to “Adopt a Plant” during their lunch time. Ms. Ferguson said “Not only will it brighten up a dorm room, classroom or office, but it will give students something to take care off and they can feed off of the positive energy!”. Student Plant Ambassador, Kat Johnson, is looking forward to future competitions and activities surrounding these “budding” relationships.



Scavenger Hunt — Iroquois

Submitted by: Lance Tlustos, TEAP Specialist

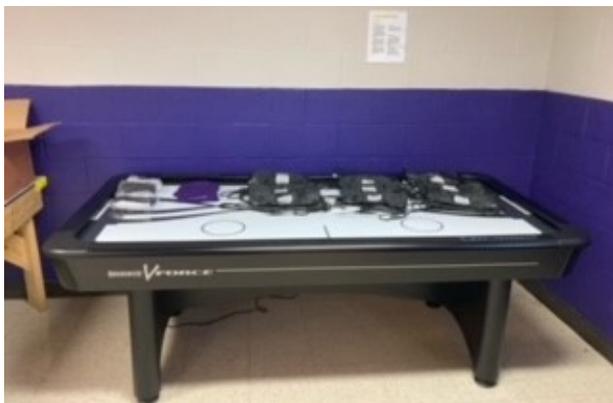
The Iroquois JCC TEAP and Recreation organized a Scavenger Hunt on March 12th. Various prizes were awarded (i.e. gift cards, rain ponchos, water bottles, stress balls). A total of six teams with 18 students participated in the scavenger hunt.

REC AND WELLNESS PRESENTS
JOB CORP SCAVENGER HUNT

When: Friday, March 12th
Time: 4:00pm
Starts in Rec

Prizes will be awarded
Refreshments will be provided

TEAMS OF 3 - SIGNUPS IN RECREATION



National Impaired Driving Awareness Month — Long Beach

Submitted by: Lisa Markouizos, TEAP Specialist

Long Beach JCC purchased [Drunk Buster Goggles](#) for a National Driving Impaired Month on center event. The goggles can be purchased for different Blood Alcohol Concentration (BAC) levels; the center purchased Drunk Buster Goggles with the BAC level of .08 to .15. The drunk buster goggles simulate effects of impairment, including reduced alertness, slowed reaction time, confusion, visual distortion, alteration of depth and distance perception, reduction of peripheral vision, poor judgment and decision making, double vision, and lack of muscle coordination. For some people, impairment might result after as little as one drink of alcohol, even though their BAC would be quite low. In addition, the center purchased Cannabis Goggles which impair the concentration and coordination, slow reaction time, result in a feeling of nausea, and can result in short-term memory loss.

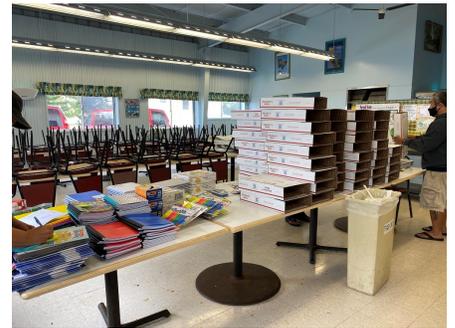
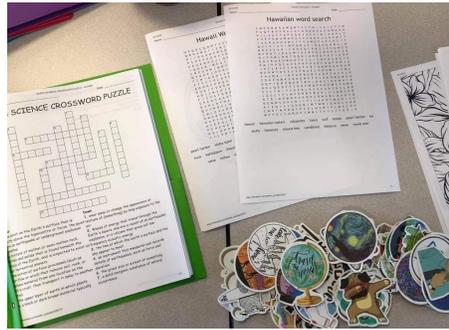
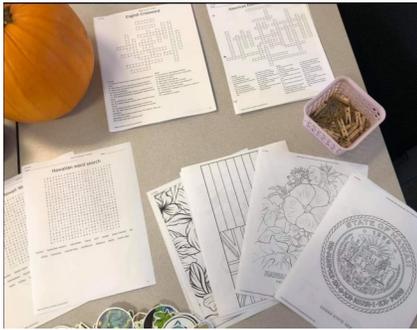
The goggles bring awareness to the trainees what the effects of driving while impaired would feel like as well as discussing the penalties of a first offense. Students are also provided with a handout of California DUI Laws including the penalties from a first offense to a third offense which can be very costly as well as driving restrictions. One of the penalties is attending a 3-month mandatory California-sanctioned alcohol treatment program costing \$500 or more depending on the program, also increased insurance fees and driving with an SR-22 for 3 years. The total fees for a first offense can range from \$7,000 to \$11,000. These are some of the consequences when convicted of DWI (Driving While Impaired).



Goodie Boxes — Maui

Submitted by: *Laurene Magee, Health & Wellness Secretary/Dental Assistant*

The Maui JCC sent Goodie Boxes to students that included: coloring worksheets, crossword puzzles, school supplies, face masks (made by Education), and snacks.



Thank you so much!! Some of the sweets were claimed my mom 😊 I appreciate it very much!! I love and miss you!!!!❤️
✨ — at Honolulu, Hawaii.

MAY 19, 2020

Health & Wellness News — Phoenix

Submitted by Nancy Dean, Health & Wellness Manager

A snapshot of the Health & Wellness News—March 2021 issue.



On-Site Activities — Pinellas County

Submitted by: Catherine Courtney, TEAP Specialist

The following collages are from Healing Wednesdays, Kickball, and the winner of "National Nutrition Month Selfie with your Favorite Fruit."



Socially-Distanced Activities — Pinellas

Submitted by: Samuel Kolapo, Center Director

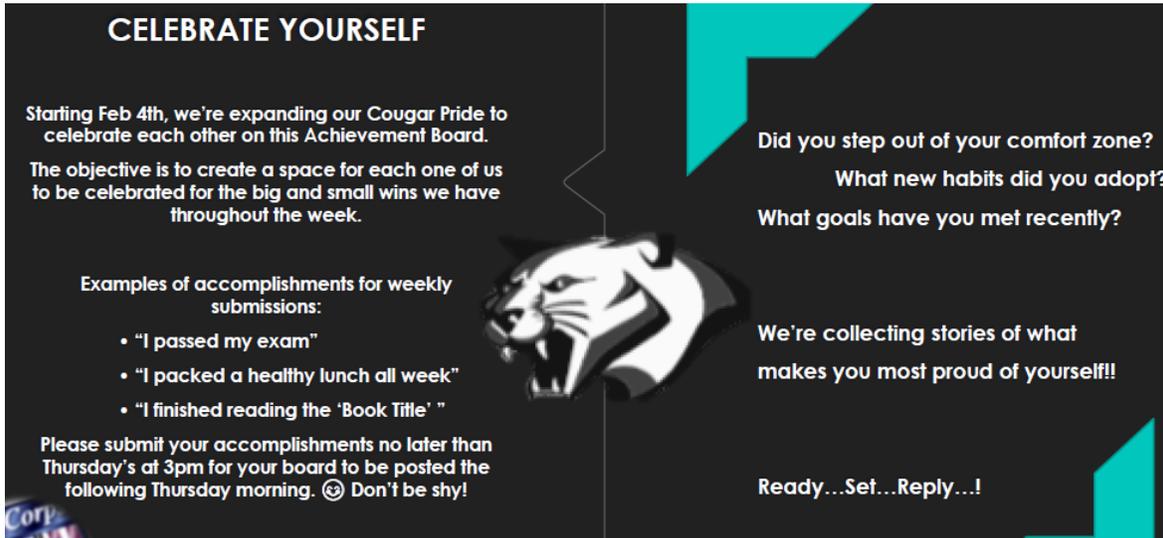
The Pinellas JCC has scheduled several activities for students to keep them entertained on center, such as socially distanced bingo, bowling, laser tag, and tie dye crafts.



Celebrate Yourself — Pittsburgh

Submitted by: Dr. Callie Scott, Center Mental Health Consultant and Ayanna Armstrong, Counselor

Dr. Scott, CMHC, and Ms. Armstrong, Counselor, created an achievement board where staff and students can highlight the positive things they are doing. They created their own “celebrations” to provide an example and get the board started.



CELEBRATE YOURSELF

Starting Feb 4th, we're expanding our Cougar Pride to celebrate each other on this Achievement Board.

The objective is to create a space for each one of us to be celebrated for the big and small wins we have throughout the week.

Examples of accomplishments for weekly submissions:

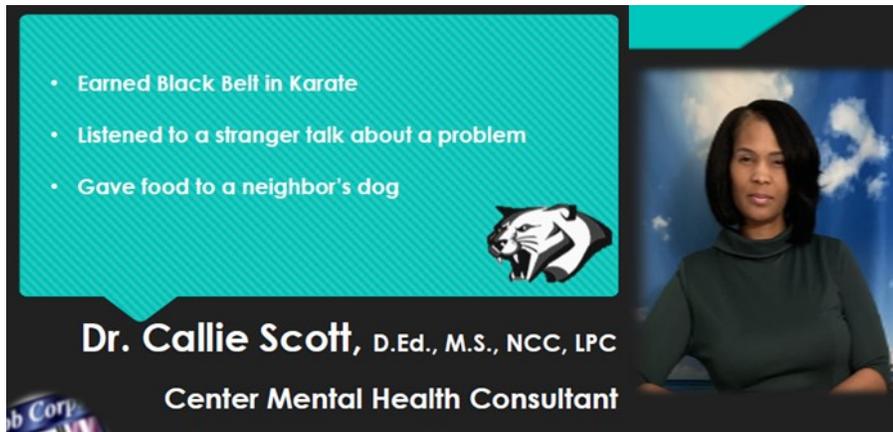
- “I passed my exam”
- “I packed a healthy lunch all week”
- “I finished reading the 'Book Title' ”

Please submit your accomplishments no later than Thursday's at 3pm for your board to be posted the following Thursday morning. 😊 Don't be shy!

Did you step out of your comfort zone?
What new habits did you adopt?
What goals have you met recently?

We're collecting stories of what makes you most proud of yourself!!

Ready...Set...Reply...!



- Earned Black Belt in Karate
- Listened to a stranger talk about a problem
- Gave food to a neighbor's dog

Dr. Callie Scott, D.Ed., M.S., NCC, LPC
Center Mental Health Consultant



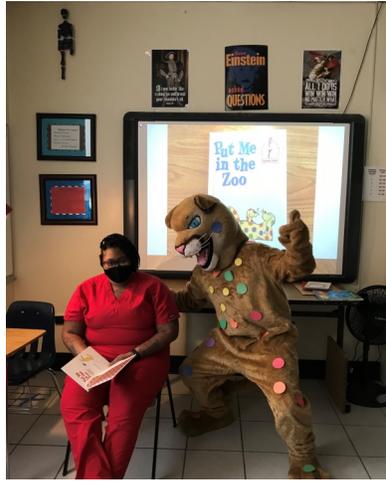
- Passed National Counseling Board Exam
- Reading two books a month
- Organized closet for winter season

Ms. Armstrong, M.S., NCC
CMA Counselor

Read Across America — Pittsburgh

Submitted by: Carrie Nolan-Robson, Business Community Liaison

Students participated in a virtual community service project for [Read Across America](#). The Recreation Department, the Academics Department, and the BCL coordinated to provide an educational opportunity for four first grade classrooms in the Pittsburgh Public School District and a Daycare in Sharpsburg. Students made costumes and book marks with the Dr. Seuss Theme as well as read Dr. Seuss books aloud for a virtual presentation.



Thing 1 and Thing 2 Corner Bookmarks

Birthdays, Valentines and Art — Pittsburgh

Submitted by: Carrie Nolan-Robson, Business Community Liaison

Pittsburgh has organized the following activities for students on center:

Birthday Baskets — The center has planned a way to celebrate birthdays for students living on center through a partnership with [Beverly's Birthdays](#). They provide gift baskets as a way to celebrate! During the months of February, March and April, seven students will receive a special birthday surprise.

Valentines — Students distributed Valentines to other students residing on campus.

Paint Pourings — Paint Pourings were made to decorate dorm rooms.



Mind-Stimulating Activities — Treasure Island

Submitted by: David E. White, TEAP Drug Prevention Counselor

In order to address the stress, tension and anxieties during the quarantine, the TEAP Program provided the following books and activities:

- Drawing and coloring books
- Puzzlebug 500 piece puzzle
- Word Finds
- Crossword puzzles
- Sudoku puzzles
- Chicken Soup for the Soul
- Feeling Journal By The MEE Journal System workbooks, that covers The Role of Feeling on Behaviors, Where Do Feeling Come From ?, Your Self-Talk and How You Can Change it, How to Address Difficult Feelings and Self-Destructive Behaviors, How Your Thanking Influence How You Feel, and How Can Thoughts Can Be Mistaken for Feelings



Bonfire — Wind River

Submitted by: Patty Corso, TEAP Specialist

Wind River JCC arranged for students to safely enjoy a bonfire.



COVID Vaccinations in Job Corps

COVID Vaccinations — Gary

Submitted by: Stephanie Soileau, Wellness Administrator

The Gary JCC Wellness Administrator, Stephanie Soileau, worked in collaboration with Texas Homeland Security Deputy Chief Hector Rangel to get COVID-19 vaccines to Gary employees.

The first round, in January 2021, were for front-line employees — approximately 30 medical staff were fully vaccinated by February. We are now starting a second round for teachers/educators. The center had over 150 employees sign up for round two over the last 2 weeks. The center hopes to have a majority of staff fully vaccinated in the next 30 days.

The Texas Division of Emergency Management (TDEM) serves the State of Texas by managing the all-hazards emergency management plan for the state. TDEM works closely with local jurisdictions, state agencies, and federal partners in ensuring Texas becomes more resilient for future disasters. TDEM staff are stationed statewide and serve six different regions. Whether natural or man-made, TDEM is prepared and ready to respond to all future disasters.



Deputy Chief Officer Rangel Emergency Management and Stephanie Soileau, Wellness Administrator, gets COVID Vaccine test kits and COVID vaccines to Gary JCC staff.



Gary JCC front-line medical staff line up to receive the Moderna COVID vaccine in January 2021 at the local community center in Dale, Texas.



LVN Dolores Ramirez displays Panther Pride and made COVID-19 testing polo's for nurses to wear on testing days.



Jenny E. Hernandez (Wellness Front Office Staff) displays Panther Pride and assists with delivery of Chromebooks to Houston area!



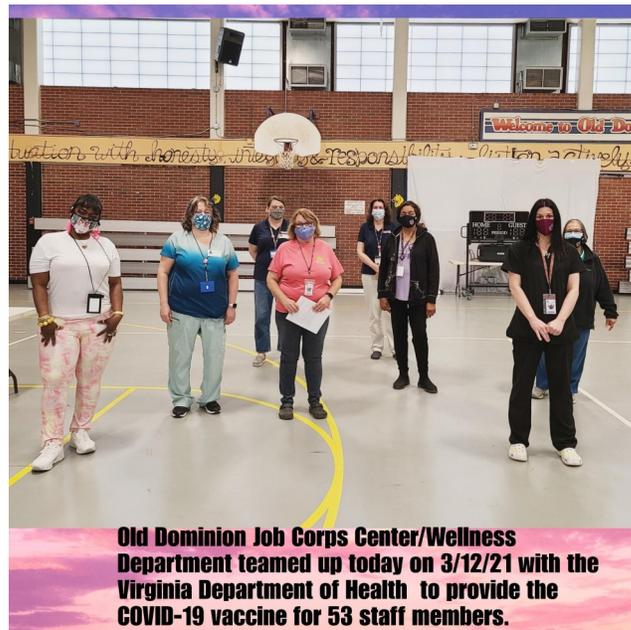
Wellness provides group sessions to Gary students outside while social distancing. Lorraine Lane, Center Director, has made available Adirondack chairs across campus to assist with outside discussions.

Staff Vaccinations — Old Dominion

Submitted by: Sylvia Smith, Health & Wellness Manager

Old Dominion's Sylvia Smith, Health & Wellness Manager, reached out to community partners to help ensure the staff received their COVID vaccines to protect them and the students. Ms. Sylvia Smith was persistent in her pursuit to find an organization which would come to the Center and administer the vaccines. After many phone calls and emails and the approval from Regional Director Dr. Francis Cole and the National Office, the day arrived for the event. The Virginia Department of Health was on center, Friday, March 12, 2021 and vaccinated 53 staff members. The second vaccine is scheduled for Friday, April 9, 2021.

Old Dominion would like to thank the Virginia Department of Health, Dr. Cole and the National Office for approving and supporting our efforts to help keep the staff and students COVID free.



Old Dominion Job Corps Center/Wellness Department teamed up today on 3/12/21 with the Virginia Department of Health to provide the COVID-19 vaccine for 53 staff members.

COVID-19 Vaccine — Treasure Island

Submitted by: Jennifer Cha, Center Director

Treasure Island JCC has worked to receive confirmation from the San Francisco Department of Public Health of vaccination eligibility for our on-campus resident students under the Congregate Living - Residential Care eligibility criteria. Additionally, to facilitate students receiving the vaccine, we are collaborating with the City of San Francisco to access the new mobile vaccine program to bring the vaccine right to the center for students currently on center, and are working on a plan for ongoing vaccinations as the remainder of students re-enter. The Treasure Island center's history of vaccination and blood drives lays a logistical foundation for possible future on-campus distribution events as well.

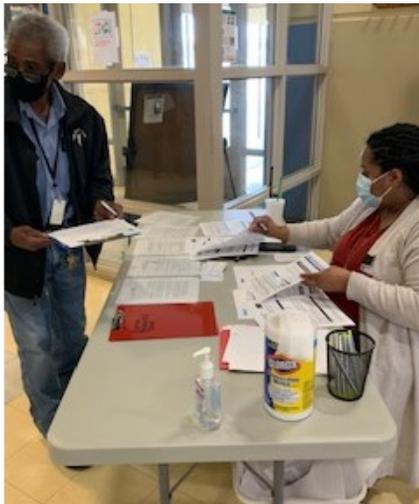
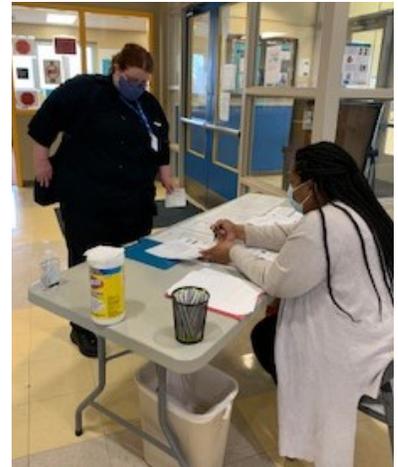
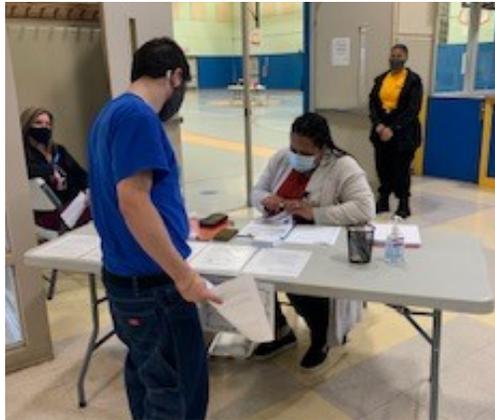
A few of the students currently on center...hopefully to be among the first recipients of the vaccine here.



COVID-19 Vaccination Clinic — Tulsa

Submitted by: Wendy D. Rucker, Wellness Department Manager

On March 16th, Tulsa was able to get 32 trainees and staff vaccinated on campus with the help of Trish Jones Mondero and the Tulsa Health Department. The center would like to take this opportunity to say thank you to all of those involved who made this possible and for the opportunity to save lives. The center Security Trade helped with crowd control and the Wellness Department watched over individuals for 15 minutes after vaccination. Shout out to Ms. Carolina and Ms. Ford for data entry. Warrior Pride Can't Be Denied!!!!



In the News



[Beyond CBD: Here come the other cannabinoids, but where's the evidence?](#)

— Harvard Health Publishing, Harvard Medical School, Peter Grinspoon, MD, Contributor

[How to get better sleep amid the pandemic – and why you should](#)

— American Heart Association News, Laura Williamson

[The right '5-a-day' mix is 2 fruit and 3 vegetable servings for longer life](#)

— ScienceDaily

2020 Health Observances

April

- [National Alcohol Awareness Month](#)
- [National Birth Defects Prevention Month](#)

May

- [Sexual Assault Awareness Month](#)
- [Hand Hygiene Day](#)
May 5
- [Food Allergy Awareness Week](#)
May 9 - 15

June

- [National Safety Month](#)

Do you have a ...

Topic idea or want to highlight your center activity. **The deadline for the Summer 2021 newsletter is June 4, 2021.** You can submit your suggestions to:

Julie Luht, MPH

Email: julie.luht@humanitas.com



Job Corps Webinars

Upcoming 2021 Webinars

- TEAP Assessment Tools — April 6 & 8
- Applicant File Review for CMHCs — April 15
- Hot Topics in TEAP: Kratom, TUPP, and Vaping — April 20
- Applicant File Review for CMHCs — June 9



As new webinars are scheduled they are announced in the *JCDC News* newsletter. [Click here to register for an upcoming webinar.](#)

Past Webinars

- COVID-19 FAQs & Update — Reducing risk for on-center outbreaks — January 19, 21, 27 & 29
- Applicant File Review for CMHCs — January 21
- Wear Your Darn Mask: Changing COVID Behavior — February 2 & 4
- Oral Care Beyond the Chair: Teledentistry STRATEGIES for Whole-person Care — February 10
- Developing COVID-19 Vaccine Confidence — March 3 & 4
- Orientation for CMHCs Part 1 — March 9
- Orientation for CMHCs Part 2 — March 10
- COVID-19 Contact Tracing in Job Corps — March 17 & 18
- School Disability Documents and AFR — March 30 & April 1

Webinars are available to [print/download](#) on the health and wellness website.