

EWC Housing Weekly Update - Dec 23

Message from the EWC President

Dear EWC community,

As we approach the end of the year, I extend my heartfelt aloha to you all. It has been a tough year—for us and for millions of people around the world. We have worked hard to protect each other, and the continued health of our dorm residents and staff is deeply gratifying. At the same time, people within both our immediate and our far-ranging communities have suffered and continue to do so. I am proud of the efforts by our EWC community to contribute to the relief of others. I also greatly appreciate the support the Honolulu community and the Friends of the EWC have given our students through donations of food and other necessities.

I am optimistic, as I hope you are, that the coming year will bring relief from COVID-19. Vaccinations have begun in the United States and abroad. We will need to keep up our COVID-19 protocols for many months, however, until we are all vaccinated. In-person programming and in-office work will remain on hold until well into 2021. That is a hardship, I know, though I have marveled at the creativity and adaptability of the EWC community. The EWCPA has kept up great programs of support and virtual social activities. I especially look forward to seeing the contributions to the student-led multimedia project [“Reflections on the In-Between,”](#) and encourage wide participation in this initiative to explore our experiences during COVID-19. We have much to share with each other.

On that forward-looking note, I thank you again for your commitment to each other’s well-being and to your faith in the East-West Center and what we can achieve together. Enjoy your holiday break.

Richard

Resources

- **EWC Notice:** [EWC COVID-19 Policy and Resource Site](#)
- **EWC Notice:** [Burns Hall Temperature Screening Protocol](#)
- **EWC Notice:** EWC Travel Policy: [EWC Housing Travel Policy Effective Oct. 15, 2020](#)
- **EWC Notice:** [Positive Covid-19 Test, Symptoms - Procedure for EWC Students](#)
- **Covid-19 Guidelines from UH**
 - These guidelines have been announced for fall 2020: <https://www.hawaii.edu/covid19-guidelines/>
- **Covid-19 FAQs and Emergency Contacts:**
 - EWC FAQs: [Frequently Asked Questions \(FAQs\)](#) or the [EWC COVID-19 Policy and Resource Site](#)
 - EWC Housing contact email, which EWC staff regularly and frequently monitor: housing@eastwestcenter.org.

- EWC Housing phone number: 944-7960. For reports on matters of immediate concern, such as residents not complying with social distancing rules or smoking in the building, we urge you to call rather than email, even during working hours.
- **Mental Health:**
 - *NEW:* [Managing Stress](#), from the American Heart Association.
 - Link to UH Mānoa [Counseling and Student Development Center](#).
 - The range of free services to UH Mānoa students include time-limited individual and group counseling, crisis intervention, support spaces for open discussion, peer-to-peer support, outreach activities and/or referral to on-campus resources and community providers.
 - Link to Hawaii Adult Mental Health Division, including CARES hotline: <https://health.hawaii.gov/amhd/>.
 - Link to UH additional mental health resource page: <https://manoa.hawaii.edu/covid19/guidelines/non-discrimination/>
 - Resources for staying well from Kaiser Permanente, with self-care tools, tips, and activities: https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare
 - Information about keeping healthy and boosting your immune system: <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
 - EWC Participant Association mental health and stress relief list: [Support Resources for EWC Participants](#)
- **Other Useful Information:**
 - Honolulu Re-Opening Strategy: [Tier-System Infographic](#)
 - Social Distancing: How to approach those not taking social distancing seriously: <https://time.com/5819816/coronavirus-social-distancing/>
 - Hawai‘i: State of Hawai‘i Department of Health updates, resources and information (now available in 8 different languages): <https://hawaiicovid19.com/>
 - Hawai‘i: Resource from Oahu Community Resilience with information, links, and FAQs: <https://www.oneoahu.org>
 - Symptoms: CDC information about symptoms and protecting yourself: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>