

EWC Housing Weekly Update April 29

Vaccination Survey: Many thanks to all who completed the vaccination status survey! We greatly appreciate your quick response. If you would like to respond but missed the window, please reach out to housing: housing@eastwestcenter.org. Again, we **strongly encourage all students to get vaccinated**. If transportation or access is an issue, please don't hesitate to reach out to your program coordinator.

Managing stress: With the end of the semester approaching, performance anxiety and academic stress are common. You doubtless have your own tried-and-true strategies for managing stress, but this could be a time to employ new ones. The University of Hawai'i's [Center for Counseling and Student Development](#) has many helpful resources for managing stress and self-care. Remember, too, that your EWC program coordinators are always a source of support.

Ho'opuka--you're invited!: The Spring 2021 Ho'opuka Ceremony, celebrating those who are completing their awards at the East-West Center, is coming up on **Thursday, May 6, at 2:00-3:00 pm HST**. The ceremony will be held on Zoom, and you are invited to attend. Please check your email for a link to participate. The deadline to RSVP as a guest will be Wednesday, May 5, at 4pm. Please join us in congratulating our honorees!

Summer Travel Policy: Housing continues to review the policy in consultation with the COVID Task Force and will be reaching out to EWCPA for further consult. In the meantime, please reach out to housing@eastwestcenter.org with any special needs or extenuating circumstances.

Resources

- **EWC Notices**
 - [EWC COVID-19 Policy and Resource Site](#)
 - [Burns Hall Temperature Screening Protocol](#)
 - [EWC Housing Travel Policy Effective Feb 18, 2021](#)
 - **Positive Covid-19 Test, Symptoms - Procedure for EWC Students**

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:

- [Managing Stress](#), from the American Heart Association.
- Link to UH Mānoa [Counseling and Student Development Center](#).
- Link to Hawaii Adult Mental Health Division, including CARES hotline: <https://health.hawaii.gov/amhd/>.

- 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:

- [Hawai'i vaccination strategy](#)
- Honolulu Re-Opening Strategy: [Tier-System Infographic](#)
- Hawai'i: State of Hawai'i Department of Health updates, resources and information (now available in 8 different languages): <https://hawaiiicovid19.com/>
- Hawai'i: Resource from O'ahu 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>