

National Volunteer Week

National Volunteer Week was started in 1943 to recognize volunteer contributions during World War II in Canada and launched in the U.S. in 1974. This year, National Volunteer Week is April 18th to the 24th and although we are in the middle of a pandemic, there are many ways to volunteer in celebration:

- 1 Send handwritten letters to seniors. You can do this through an online organization like Letters Against Isolation or contact your local nursing homes or senior centers.
- 2 Use AmazonSmile instead of Amazon.com. AmazonSmile is the same as Amazon but when using AmazonSmile, .5% of the purchase price of some products gets donated to a charity you choose.
- 3 Send a care package to a soldier through Soldiers' Angels or another organization.
- 4 Use your craft ability to create DIY donations for The Anti-Cruelty Society
- 5 "Connect with the WCU Center for Civic Engagement and Social Impact to learn about other volunteer experiences! Email CCESI Assistant Director, Shannon at SGILLESPIE@wcupa.edu or follow on Instagram @wcupa.volunteer"

Don't Sizzle This Spring!

Just as there is too much of a good thing, there is such a thing as too much sun! If not properly protected, one can acquire skin cancer. Here are some tips to spot signs of melanoma and tips to prevent skin cancer!

The ABCs of Skin Cancer



How to Prevent Skin Cancer

- Regularly apply sunscreen
- Avoid using tanning beds and sunlamps
- Seek shade
- Wear UV protective clothing, hats and sunglasses

[Preventing Melanoma: CAN melanoma be prevented? \(n.d.\). Retrieved from https://www.cancer.org/cancer/melanoma-skin-cancer/causes-risks-prevention/prevention.html](https://www.cancer.org/cancer/melanoma-skin-cancer/causes-risks-prevention/prevention.html)

DO's and DON'Ts for Managing Allergies:

Sneezing, Congestion, Runny Nose, or Itchy Eyes? This could be seasonal allergies!

- DO** start an antihistamine early in the season before symptoms start
- DON'T** open windows during peak pollen hours
- DO** download a pollen counter or allergy app for your phone
- DON'T** track pollen through your house - take off shoes, change clothes and shower
- DO** eat honey - it has been shown that eating locally produced honey over time will lower your allergic reaction to the pollen in your area
- DON'T** let pets sleep in your bed - they can carry pollen on their fur
- DO** get steamy - holding your head over a bowl or sink full of hot water or sitting in the bathroom with a hot shower running to trap steam can ease a stuffy nose
- DO** workout in the afternoons when pollen levels are lowest or stick to indoors
- DO** call the Student Health Center and schedule an appointment when in doubt if your symptoms are related to allergies. Let us help you breathe easier! 610-436-2509



The Ram Box is a private subscription-like well-being education and supply resource FREE for students. Included in each of the 4 boxes are tools and resources for each topic. Visit www.wcupa.edu/wellness to learn more about what each box includes and complete a form or scan the QR code to get one today! The last date to order a Ram Box for the spring semester is April 30th. For questions regarding The Ram Box initiative, please email wellness@wcupa.edu.

REFRAME

CAMPAIGN

CORNER

True or False: The amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is in your drink.

TRUE! Each type of alcoholic beverage contains a different % of alcohol per unit volume (ABV). The good news is that by law, all alcoholic beverages must list this percentage on the labeling.

What does a standard drink look like in a...



True or False: Drinking alcohol prevents COVID-19.

FALSE! Drinking alcohol has no benefits for preventing or curing COVID-19. Spraying alcohol on your body does NOT kill COVID-19 and can in fact, harm your eyes and mouth. Additionally, drinking alcohol in isolation or in excess increases the risk of injury, violence or health problems. Instead of misusing alcohol, know the facts about COVID-19 and help stop the spread of rumors by talking with a healthcare provider.

[COVID-19 mythbusters. \(2019\). Retrieved from https://www.who.int/westernpacific/emergencies/covid-19/information/mythbusters](https://www.who.int/westernpacific/emergencies/covid-19/information/mythbusters)

[What is a standard drink? \(n.d.\). Retrieved from https://www.niaaa.nih.gov/alcohols-effects-health/overview-alcohol-consumption/what-standard-drink](https://www.niaaa.nih.gov/alcohols-effects-health/overview-alcohol-consumption/what-standard-drink)

JOIN THE CONVO!

Attention all WCU students who have completed at least 1 semester taking in-person classes! Participate in an upcoming WCU RefRAME Campaign focus group via zoom from April 19th to May 7th & receive a \$5 Amazon gift card! These 30-minute focus groups aim to collect information about the culture of alcohol use at WCU. Interested in being a part of the convo? Register via RamConnect or scan the QR code here!

