

STUDENT ENGAGEMENT

Weekly Newsletter

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Celebrating Thanksgiving this Year

We know that for many of you, Thanksgiving is going to look different this year. Thanksgiving gatherings with family and friends are fun and meaningful but will increase the risk of getting or spreading COVID-19.



This year, many of those traditions will be put on hold. We want to recognize that choosing to not travel or see family for the holidays is a difficult decision and sacrifice to make.

We encourage you to still take time this week to focus on the things you are grateful for. Whether you've chose to stay home from larger gatherings, are working through the holiday, or have been quarantining in order to see family safely we hope you are able to find creative ways to still feel connected with loved ones. If you have important family traditions, continue holding them even over zoom, call family members to ask for family recipes, and make sure to call the important people in your life to remind yourself why you are choosing to keep them safe.

This Thanksgiving is an opportunity to think outside the box! Here are some resources that may help you with alternative ideas:

- ⇒ **NY Times article:**
[How to Celebrate Thanksgiving During the Pandemic](#)
- ⇒ **CDC's recommended alternatives:**
[Consider Other Thanksgiving Activities](#)
- ⇒ **Real Simple Article:**
[How to Host Thanksgiving Safely This Year](#)
- ⇒ **Washington Post Article:**
[Welcome to 'Thanksgiving-ish,' with fondue nights, soup buffets and takeout turkey](#)
- ⇒ **Good Housekeeping Article:**
[17 Fun Quarantine Thanksgiving Ideas to Help You Have a Festive Feast](#)
- ⇒ **Delish Article:**
[8 Ways To Celebrate Thanksgiving Safely And On A Smaller Scale This Year](#)

*If you are going to travel or gather with family outside your household, look at the [CDC Recommendations](#) for celebrating safely!

Even with the alternatives and creative ideas, many of us are still having a tough time accepting the "new normal" and heading into the winter during a global pandemic. We hope you continue to explore mental health resources and utilize our campus counseling services.

Did you know?

MassBay Counseling Services is providing **100% remote** Personal/Mental Health Counseling by secure video or phone.

Counseling Services is made up of a dedicated team of licensed **mental health professionals** and graduate counseling interns.

Services are **free and confidential** for enrolled MassBay Students.

Meet the Staff:



Jon Edwards, MA, LMHC
Director

Jon is a Licensed Mental Health Counselor and holds a Master's degree in Counseling Psychology from Assumption College. Jon began working in the mental health field as a counselor in a residential psychiatric rehabilitation treatment program. He trained and worked as a counselor in the Student Development and Counseling Center at Worcester Polytechnic Institute.

Ann Whelan, MA, LMHC
Associate Director

Ann is a Licensed Mental Health Counselor. She received her Master's degree in Counseling Psychology from Lesley University. She has advanced training in psychotherapy from The Boston Psychoanalytic Society and Institute. In addition to College Mental Health, Ann has experience in community mental health and substance abuse counseling and education.



Jessica Post, MSW, LICSW
Counselor

Jessica is a Licensed Independent Clinical Social Worker and an experienced therapist. She provides counseling to students on the Framingham and Ashland campuses.

Nicole Petersen, BA
Counselor

Nicole is a Master's degree candidate in Clinical Mental Health Counseling at Lesley University. She will be providing counseling to students during her 2020-2021 Internship year at MassBay. In addition to her current training in mental health, Nicole has been teaching yoga for over seven years and is also a Certified Ayurvedic Practitioner. She is excited to have this opportunity to serve the MassBay community.



Nina Shen, BA
Counselor

Nina is a Master's degree candidate in Mental Health Counseling at Boston College. She will be providing counseling to students during her 2020-2021 Internship year at MassBay.

For more information on Counseling Services, or to make an appointment, please visit their website:
<https://www.massbay.edu/counseling>

A message from Ann Whelan:

Dear MassBay Family,

As we approach Thanksgiving, in a year like no other, I wish you peace, love, connection, and good food to share with your pod. As I considered what to write for the newsletter, the usual topics of self care, self-compassion and gratitude all showed up in my mind. And while I think those practices are the best and encourage us all to practice them this holiday season, I decided to write some Haikus instead. It just felt right. I hope they make you feel something.

Happy Thanksgiving!

- Ann Whelan

~
The year that almost
Broke us apart at the seams
But we remain whole.

President Podell
Kept us knitted together
Lighthouse in the storm.

Memo: To Rona
Look forward to meeting you
Yours truly, Pfizer.

Perhaps gratitude
Unrelenting lessons learned
Will kick this year's ass.

~

Here is something cool called [BRAVING](#) by Brene Brown about boundaries. I thought it may be useful since Thanksgiving can be stressful time for family relationships.

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MassBay Student Engagement

www.massbay.edu/studentengagement