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THE UNIVERSITY GRADUATE SCHOOL

THE GRADUATE MENTORING CENTER

Indiana University Bloomington

The GMC Newsletter

March 2020 - Spring Break

Dear Graduate Mentoring Center Community,

Sending you the March 2020 Newsletter Vol. 2 as we begin Spring Break Week 2.

Yes, we are settling into new lives. There is so much to feel as we witness and participate in this global change. It is no easy practice to bring our minds into a state full of calm and reassurance.

As we realize that our current situation will last longer than anyone could have anticipated, it is important to know what resources are available to us. To this end, we would like to gently remind you of some things that may be available to you here in Bloomington and Indianapolis.

The information below, and what was offered in the first March newsletter, have been gathered from various sources, including DEMA, La Casa, UGS, IU Librarians. And, you most likely have and will receive this information again from different sources.

NEW (*Thank you [Katie Kearns](#)*): Graduate students are invited to join [IUB grad Slack](#). This is a space for announcements about IUB professional development opportunities now online; information about teaching, research, mentoring; community resources for housing, food, emergency funding; invitations to grad-organized social activities; and places for finding community and asking questions.

[Indianapolis Mutual Aid Group](#) (for those of you who might be in Indy or surrounding areas)

[City of Bloomington Utilities and More](#)

[United Way](#)

[Resources from IU Librarians](#)

[Well-Being and Meditation](#)

[Mindfulness](#)

Humanity for the Win! Facebook Group - Members share information about local and national resources and programs, offer short workshops on living during this crisis, provide positive media and practices that are uplifting and sustaining. Please contact me at maehamil@iu.edu if you are interested in joining.

GENERAL SOCIAL SERVICES

Dial 2-1-1		
Social Services for help with food, shelter, clothing, child care, transportation, legal services, education, employment, health care, and substance abuse.	Dial 2-1-1	401 N Morton St Suite 260 Bloomington IN 47404
Helping Bloomington Monroe		
Free community resource to help you find the services you need.	Simply enter a keyword below and your ZIP code, then click the search button and you'll find local information about health care, finding food assistance, social	https://bloomington.in.gov/node/4204

	services, childcare and more.	
No Space to Hate		
COVID-19 Mutual Aid Resources for Monroe County		To access info, click here .
All-Options Pregnancy Resource Center		
Offering diapers, wipes, menstrual products, and some formula for pick-up.	Call ahead.	(812) 558-0089 1014 S Walnut St

FOOD PANTRY

Area 10 Agency on Aging		
630 W Edgewood Ellettsville	(812) 876-3383	Call about eligibility, delivery services available for people who are homebound or have limited mobility.
Bloomington Township Trustee		
924 W 17th, suite C Bloomington	(812) 336-4976	M-F 9am-4pm, call first for food list, must reside in township trustee area.
Bobby's Pantry/Perry Township Trustee		
1010 S Walnut Bloomington	(812) 336-3713	M-F 9am-2:30pm, sign-up sheet, for Perry residents only.
Crimson Cupboard		
Campus View Apartments 800 N. Union Street	(812) 855-1924	M, Th, F 2pm-4pm, until Apr. 3 rd , open to both students and

Bloomington		residents/community members.
Feed the Needy at Second Baptist Church		
321 N Rogers Bloomington	(812) 336-5827	M,T,Th,F 10am – 12pm, handing out pre-bagged groceries
First Assembly of God Food Pantry		
115 W Association St Ellettsville	(812) 876-4334	First Wed of month 10am-2pm
First United Methodist Church Food Pantry		
219 E 4 th St Bloomington	(812) 332-6396	Wed 3:30-5:30, call first, hours/availability subject to change.
Food Train		
Free food resources for K-12, including restaurants that are doing delivery.		Tuesdays and Thursdays More info, click: here
Genesis Church Food Pantry		
801 E St Rd 45/46 Bypass Bloomington	(812) 336-5757	Call for appointment
Grace Center Food Pantry		
9206 S Old SR 37 Harrodsburg	(812) 329-0337	Thurs 3-7pm, pre-bagged groceries, must reside in Clear Creek, Indian Creek, or Polk townships.
Highland Faith Assembly of God Food Pantry		
4782 W State Road 48 Bloomington	(812) 332-3707	M-F 9am-1pm, call first, hours/availability subject to change.

MCUM Self-Sufficiency Center Food Pantry		
827 W 14th Ct Bloomington	(812) 339-3429	Mon, Th, F 12-5pm, Tues noon-6pm
Mother Hubbard's Cupboard		
1100 W Allen St Bloomington	(812) 355-6843	M-F 12-2pm, 4pm-6pm, pre-bagged groceries
Redeemer Community Church Food Pantry		
111 S Kimble Rd Bloomington	(812) 269-8975	Tues+Thurs 2-4pm or call for appointment
Pantry 279		
501 E Temperance Ellettsville	(812) 606-1524	Mon+Wed 4-6pm + Sat 3-5pm, offering drive-up services
Richland Township Trustee		
416 S Park Ellettsville	(812) 876-2509	M-F 8am-2pm, call first, hours/availability subject to change, must be Richland township resident.
Salvation Army of Bloomington		
111 N Rogers Bloomington	(812) 336-4310	Wed+Fri 9-11:30am & Tues+Thurs 1-3:30pm

HOT MEALS

Community Kitchen of Monroe County		
1515 S Rogers Bloomington	(812) 332-0999	Mon-Sat 4-6 pm, warm carry-out available.
Community Kitchen Express		

1100 W 11th St Bloomington	(812) 332-0999	Mon-Sat 4-6 pm, warm carry-out available.
Food Train		
Free food resources for K-12, including restaurants that are doing delivery		Tuesdays and Thursdays
Wheeler Mission		
215 S Westplex Ave Bloomington	(812) 333-1905	12-1pm and 5-6 pm 7 days/week

Reminders – Wherever you are in the world (I am cognizant of this because I have family and friends in Brazil, Venezuela, France, and Italy: All the world is on this journey together.)

- Remember to [breathe](#).
- Consider how you can [create balance](#) during these uncertain times.
- Revision [what it means to be productive](#).
- Schedule a time (daily, weekly) to contact a friend, family member, or colleague to share what's happening or your plans to avoid isolation.
 - If you live in a neighborhood or building, consider using an electronic [phone tree](#).
- Keep emergency/medical information updated, including identifying them in your phone.
- If you need mental health services, contact [CAPS](#).
 - CAPS will be offering limited services by phone/video starting Monday, March 23. Limited counselors will be available. Appointments, including 30-minute CAPS Now visits for new clients, can be made by calling: 812-855-7688. For emergency situations, please call 812-855-5711 and select option 1 or contact your local hospital emergency department. You may also contact the National Suicide Prevention Lifeline at 1-800-273-8255.

- This short [posting](#) from the American Foundation for Suicide Prevention has some good tips on protecting your mental health in the face of uncertainty.
- Students:
 - If you are able, adhere to your designated class time – or an alternate designated time - to work on assignments, read/watch texts, complete projects ahead of time.
 - If you do not have internet access, please inform your instructors immediately.
 - If you can, download and store needed texts in IU Box.
 - If you have a family, including children, for whom you are responsible, your ability to work at home will be impacted. Let instructors know this, as it is likely that your children will be home with you during this time.
 - Check out remote services of the [IU Library](#).
 - [Keep teaching](#) with [CITL](#).

Stay up to date and pay attention to IU emails:

- [CDC](#)
- [WHO](#)
- [Working to Protect the IU Community](#)
- [Office of the President](#)
- [Office of the Provost](#)

THE GMC PROGRAM SCHEDULE REMINDERS AND CHANGES

Event Postponed *Alumni Talks – Week of March 23, 2020*

Event Cancelled *Faculty and Graduate Student Training - April 2-4, 2020*

Event Cancelled *Trailblazers 2020 - April 13-17, 2020*

We will update you about May and June programs (e.g., retreat, writing groups).

ONLINE PROGRAMS

- Drop In, Write On (Wednesdays, 5:30 pm, *beginning March 25*)
 - [Zoom](#)
 - NCFDD 14-Day Writing Challenge – March 23-April 5, 2020
 - If you registered for this, please let us know.

- Sitting for Peace (Fridays, 11:00 am, *beginning* March 27)
 - [Zoom](#)
 - [Creating balance](#) during this time of unbalance and uncertainty.

LET'S TALK ABOUT MENTORING. Would you like to learn more about how The Graduate Mentoring Center approaches mentoring? Then, we invite you to view "[Mentoring as a Contemplative Practice in the Academy](#)" at your convenience.

MENTORING DURING THIS TIME. Without belaboring this, we want to acknowledge that we are experiencing uncertainty and quickly changing protocols at levels unfamiliar to many. Some of you may be re-experiencing your lives in ways that challenge your feelings of safety and/or stability. For example, if you have experienced war, refugee status, living through recent hurricanes/tornadoes, food insecurity, homelessness, domestic violence – by far not an exhaustive list - you may be experiencing these changes in deeply traumatic ways. The “social distancing” may exacerbate this.

Faculty and staff: It is possible that some students may be experiencing anxiety over the events and information being shared on multiple media sources, or from having to make a quick change to different teaching methods. Please offer students links and connections to resources provided in this newsletter and other information you are receiving from units trying to assist all of us in the best way possible.

Students: Faculty and staff may also be experiencing similar emotions. Their access to these resources, and being able to provide them to you and others, may alleviate some of their anxiety and uncertainty.

Where we are at this moment in time reminds us that we are part of a larger community.

I encourage everyone to “bear witness” to mentors and mentees, each other, faculty, students, and staff, and community, with patience, compassion, and reliable information.

- When and if asked to, and if able, take time to listen to someone in a mutually agreed upon designated space.
- Acknowledge immediately when you are not able to do this. it is up to you whether or not to provide a reason. please respect each other’s decisions.
- Offer a suggestion of who might be able to do so, if you are unable to bear witness.
- Ask what is needed/wanted before giving what you think is needed.
- Ask how you can help before giving help. recognize that sometimes the person asking for assistance may not know what they need or want, or might not want anything at all.

- Have available resources and connections in case they are requested, or you observe they could be helpful. you may ask: would it be helpful if you had some resources for future reference?
- Disconnect from social media for a few hours a day.
- Keep abreast of reliable sources (see above).
- Reassure students and mentees that they are valued, seen, heard, and that while their work is important, that their well-being is even more so.\
- Say thank you to each other.
- Be fluid with everything.
- Be kind to yourself.
- Commit to not overworking.
- Remind each other that good things are being done by our peers, colleagues, and community members to ensure that we are safe, have resources, and find time to rebuild community. And thank them.
- If you can, offer to help someone else.
- Take time to rest -whether or not - you are mentor or mentee.

On behalf of The Graduate Mentoring Center staff, thank you everyone for your patience, fluidity, and flexibility during this time. Thank you for taking the time to read this.

Please feel free to contact us: iugmc@indiana.edu.

In service, and on this journey with you, in gratitude to The GMC graduate assistants Jennifer Park and Shanalee Gallimore,

Dr. Maria Hamilton Bispo de Jesus Abegunde
Director

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