

# Mental Health Matters

## NEWSLETTER



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## Mental Health Matters

### Welcome to Fall 2021!

Welcome to the start of a new academic year. The Fall 2021 semester is underway, and whether you are back on campus or taking classes online, we are so excited to see you at Kish, where we want what is best for you. That includes your well-being because your mental health matters.



Join us as we celebrate with our own **Hispanic Heritage Day on October 19** at the Kish Soccer Field! The day will feature a Women's soccer game at 2:30 pm vs. College of DuPage and a Men's game at 5:00 pm vs. Morton College. The Kish Intercultural Center will also provide free, pre-packaged snacks from Hispanic culture. **Come out and enjoy the day with us!**

NOVEMBER IS:

### National Epilepsy Awareness Month



- Epilepsy is the fourth most common neurological disease
- 1 million people are affected in the United States
- Epilepsy is a life-long condition with no cure
- Most types of epilepsy can be regulated with medication

For more information on Epilepsy Awareness and other observations for November, visit <https://nationaldaycalendar.com/november-monthly-observations/>

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A new space to engage in art, dialogue and programming.

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Valuable resource for Kish students experiencing homelessness.

#### Kody's Cupboard

The Kish Food Pantry — supporting students in need with food and other necessities.

**We're here for you! If you need any assistance please reach out to Student Services at 815-825-9375 or email [onestop@kish.edu](mailto:onestop@kish.edu)**



### Revolution

by Miles Halpern  
Associate Professor  
of Art & Design at Kish

Miles created this painting for the Intercultural Center. The subjects of his painting represent a rich tapestry of diversity. **Stop in to ponder this wonderful artwork and what it stands for.**

# Introducing Kish's New Intercultural Center

A new space where students, faculty and staff can engage with each other through art, dialogue and programming.

**Kishwaukee College's new Intercultural Center officially opened on September 15, kicking off Hispanic Heritage Month with a live Samba performance and refreshments. Graciela Horta, Student Outreach and Intercultural Center Coordinator, shared information about the new space located in C1132.**

#### Why did Kish decide to create an Intercultural Center?

In 2018, the Partnership for College Completion launched its Illinois Equity in Attainment Initiative with 28 two-year and four-year colleges and universities. Kishwaukee College was one of those institutions to develop an equity plan with the intent of eliminating the racial and socioeconomic achievement gaps by 2025. The Intercultural Center represents one of six strategies we have decided to help us achieve this lofty goal.

#### When is the Intercultural Center open?

The center will be open for students to utilize during the open hours of the College.

#### What can students find in the Intercultural Center? What is it being used for?

Students will be able to find a home away from home. The space is an open canvas, which can be utilized by students, faculty and staff to engage with each other through art, dialogue and programming.



## UPCOMING EVENTS

### October 12

- Dialogue Series: Diversity of Latin America  
12 pm • C1121 or via Zoom

### October 19

- Hispanic Heritage Day: Women & Men's Soccer Games  
2:30 & 5:00 pm • Kish Soccer Field

### Fall through Spring Semesters

- Finding your Roots: Connecting the Past, Present, and Future

### November

- Native American Heritage Month
- Transgender Awareness Week
- International Education Week

**For more information on upcoming events, please visit the Diversity, Equity & Inclusion webpage at:**

[www.kish.edu/diversity](http://www.kish.edu/diversity)

**STOP IN AND VISIT THE NEW INTERCULTURAL CENTER TODAY**



# Kish Resource: Liaison for the Homeless



Enrolled students can access assistance if they're experiencing homelessness.

**A homeless individual can be lacking adequate residence or is someone whose parent or legal guardian is unable or unwilling to provide shelter and care. The Homeless Liaison provides resources to any identified homeless students enrolled at Kishwaukee College.**

#### Liaison responsibilities include:

- Coordination with local services/resources
- Connecting students with local shelters and available housing options
- Assisting with applications for state and federal financial aid and other services
- Providing information for housing, food and other services
- Connecting students to a local continuum of care program
- Assisting with providing a plan for off-campus housing
- Tracking and monitoring the graduation and retention rate.

For information on the Homeless Liaison, services provided and contact information, please visit [www.kish.edu/housing](http://www.kish.edu/housing)

## Kody's Cupboard

We're serving all current students and students enrolled in GED and ESL classes.

**Students in need of food or other necessities can visit Kody's Cupboard Food Pantry on campus for assistance. Kody's Cupboard provides non-perishable food and feminine hygiene products.**

Kody's Cupboard is open from 9 am – 2 pm on Tuesdays for walk-ins in C1120 or curbside pickup at the Student Center Drive in front of Door 6.

To place an order, visit [www.kish.edu/kodyscupboard](http://www.kish.edu/kodyscupboard) and fill out the online order form. Orders must be submitted by Monday at 12 pm. Orders placed after 12 pm will not be available until the following week unless notified otherwise. If you are unable to attend the pickup or have transportation challenges, please email [studentlife@kish.edu](mailto:studentlife@kish.edu) to explore other options.



**QUICK TIP:**  
Snap this QR code with your phone to place an order.

#### Kody's Cupboard Meal Kits:

Kody's Cupboard also offers special meal kits around holidays during the semester. Birthday meal kits are offered year round.



#### Upcoming Meal Kits:

**Oct. 27 – Nov. 23**  
**Giving Thanks Meal Kits**  
**Nov. 30 – Dec. 14**  
**Holiday Meal Kits**

#### Want to Contribute?

For those looking to contribute to the food pantry — Kody's Cupboard accepts monetary donations and non-perishable food items anytime.

**Monetary Donations**  
Cash or Check  
(payable to Kish College Foundation)  
Drop off at Administrative Office • C2160

**Food Donations**  
Drop off at Student Involvement Office • C1128

For more info about Kody's Cupboard call 815-825-9527 or visit [www.kish.edu/kodyscupboard](http://www.kish.edu/kodyscupboard)