

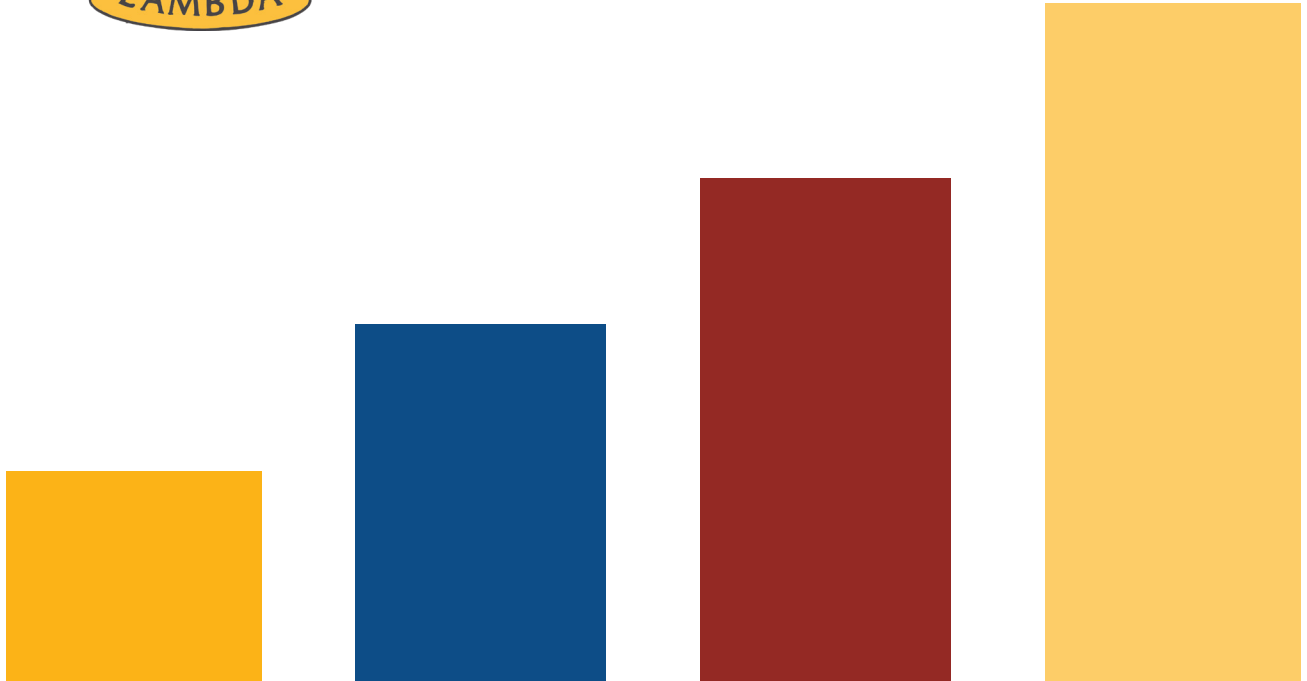


Alpha Lambda Delta

@ UCONN

THE FALL 2020 NEWSLETTER

by Brunna Louzada

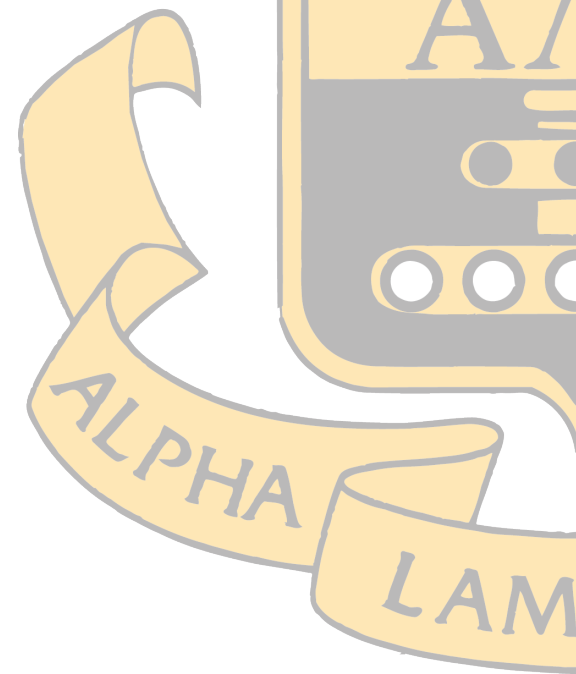


Anna Strauss

I attended the Friendship Bracelet Making event on the 24th of September and made some friends and a bracelet! The event was well organized and very fun, as I had never really sat down before to try and create a friendship bracelet prior to this event. It is also important to point out that the event was very professionally managed in the name of following the guidelines for COVID. Our strings were cut for us, beads picked out for us, and there was a good amount of directions to go around so no one had to share materials. While learning to make a bracelet was something I enjoyed, the highlight of the event for me was the warm and sociable environment. When everyone had arrived, we engaged in small talk and shared our majors and interest as we each waited patiently for our materials to be ready. I learned a lot about the people that attended and was even able to swap contacts with the girl I was next to who offered to go to future events with me! This event, while it seems like it would not foster many skills, as it was supposed to be for fun and relaxation, provided me with new creative and social abilities. One skill that I learned was not only being able to interpret directions but to memorize them and carry them through in a continuous pattern. What made the actual construction of the bracelet so soothing was that once you got the hang of it all you had to do was follow a rhythm and watch it come together. I also found myself asking for help from the girl next to me, and we both exchanged tips and tricks we had picked up, which led to us talking for most of the event and getting each other's numbers. Overall, I am happy that I went and got involved, it was truly the highlight of my week!

FRIENDSHIP BRACELETS

September 24



FALL 2020

ALD TAKES ON VIRTUAL YOGA

October 6

Meryl Pookkattu

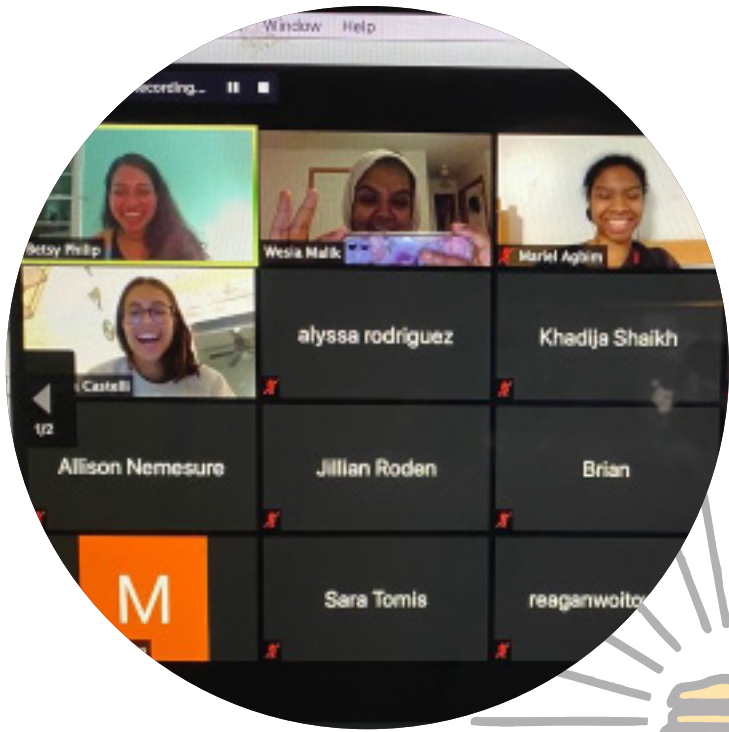
I attended the virtual yoga session October 6th at 6 pm with 16 other people. We followed a YouTube video through Zoom and it was very relaxing! This midterm season has me stressed and anxious on top of everything going on outside of academics so it was really helpful to take some time to focus on my body and put active effort into my well-being, which was very necessary. The video we followed was meant for beginners, which was great because I've never really done yoga before. We started out in crisscross applesauce formation which was simple enough for me and went through other poses like downward dog and mountain pose. I am very grateful to ALD for these fun, relaxing opportunities!

Danielle Pesavento

Attending a virtual yoga class to help me unwind during my semester was just what I needed! I loved how I could participate from the comfort of my own home while still getting involved. I used to do yoga, but I stopped during the semester due to my busy schedule. I wanted to get back into this peaceful exercise and this was a perfect way. This yoga class was a beginner level and reminded me of the core values that are built upon. I got to listen to and control my body for 30 minutes and I was at peace of mind. Yoga helps me find balance in this chaotic world and I am grateful for it. I was reminded of how important it is to correct our posture and take deep breaths when needed. I will definitely be attending another virtual yoga session and you should too!



FALL 2020



ALD JOINS UCONN MHS ON A DISCUSSION ABOUT FOOD INSECURITY

October 13

Danielle Pesavento
Nutrition is something that I am very passionate about and plays a major role in our lives. I had the opportunity to attend a virtual presentation on food insecurity and I have learned so much. What does food insecurity mean to you? Food insecurity is when individuals are unable to acquire enough food to meet their needs due to insufficient money or by other obstacles. Transportation, income, food deserts, and convenience are all factoring components that can prevent someone from accessing food. What if this was you or a loved one? What would you do to get the materials needed to survive? As you read this newsletter, think about the produce and perishable items you throw out every day. How can you contribute? Donate food to local food drives and become environmentally conscious when you buy produce at the grocery store; others don't have that luxury.

FALL 2020



ARE YOU OK? VIRTUAL 5K!

October 18

Julia Carangelo

The virtual 5K was an amazing experience and a great event during such a crazy year at school. It was fun because it allowed us to get active and walk during a time where sometimes we feel trapped inside and a great way to raise money for an amazing cause. Not only that but at least for me personally this walk made me feel far more connected to the other students in Alpha Lambda Delta even though we are not physically all together. In the end it is something that I would absolutely do again and I hope our chapter hosts another virtual 5K soon!

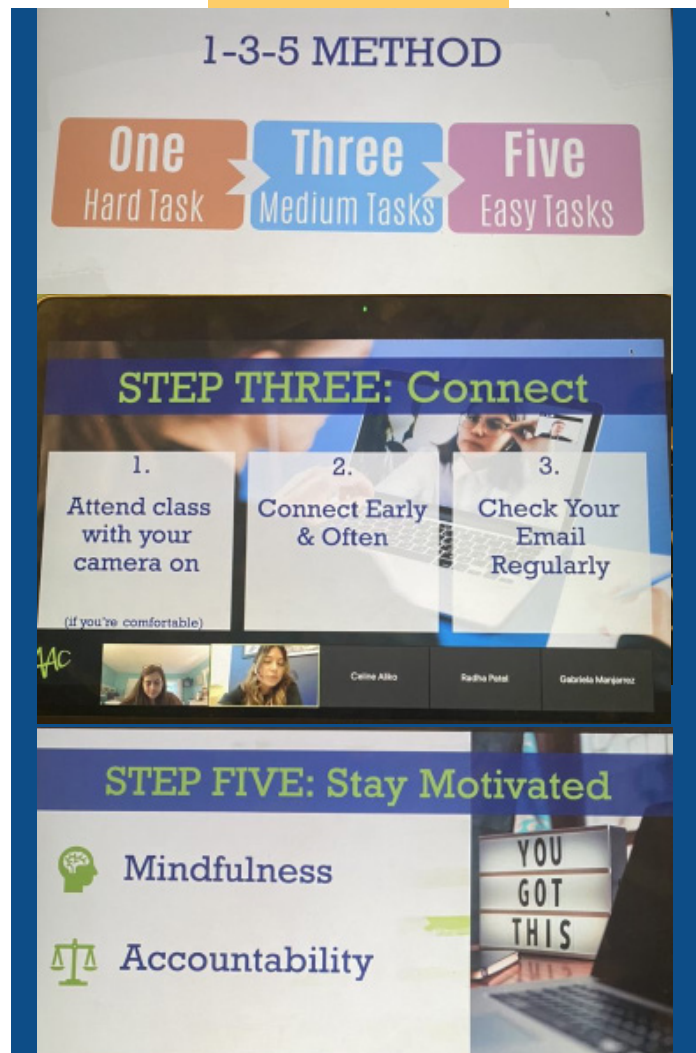


MANAGING ONLINE CLASSES WITH AAC!

October 20

Nishitha Edupuganti

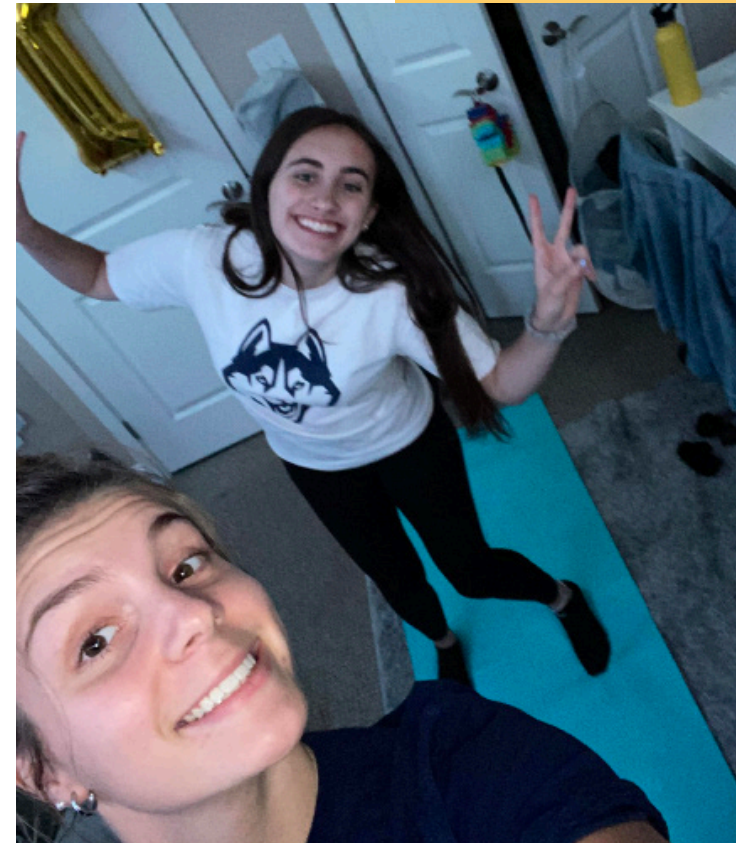
On October 20th, many of ALD's members joined in on the virtual Zoom call for the Academic Achievement Center. From the AAC, one of the Center's Coaches, Jada Larrea, presented to us about different services the AAC offers and some study advice for online courses. The AAC has a variety of resources available, such as Drop In Coaching Hours, Workshops & Presentations, Supplemental Instruction, and UConn Connects! Jada also mentioned that the Center receives over 13,000+ sign-ins in an academic year, and many students utilize it. She also spoke about the 1-3-5 method, to help you stay on track, where you do 1 difficult task, 3 medium tasks, and 5 easy tasks. She also presented us some example PDFs we could use to organize our assignments and to-do lists. Overall, this was a great presentation where we learned a lot about the AAC and the resources it has to offer!



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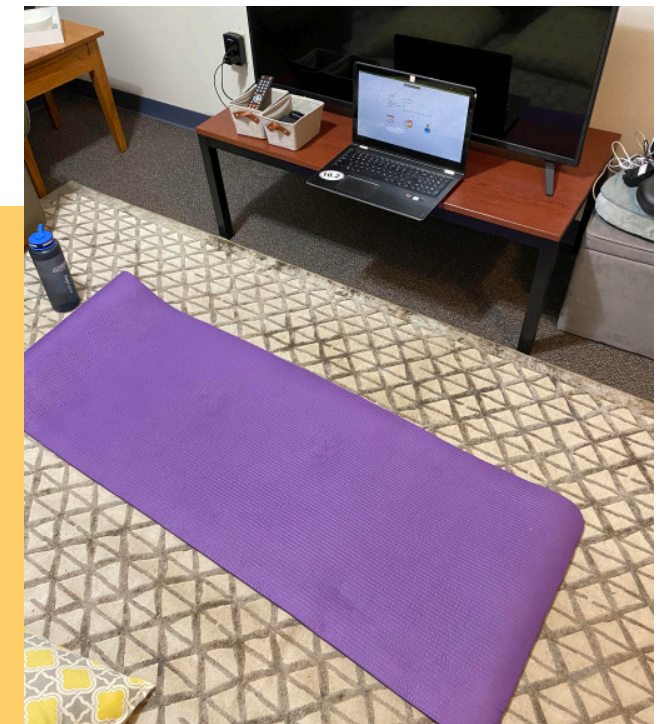
ALD'S VIRTUAL ZUMBA MOVES

October 29

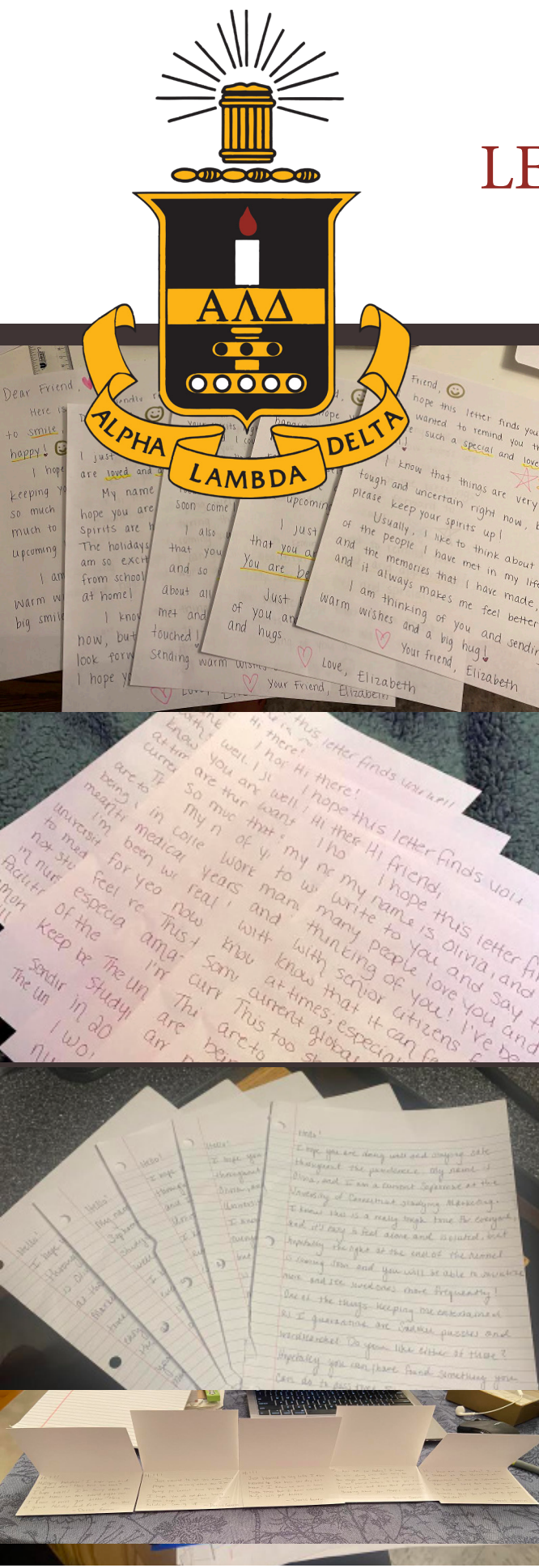


Meryl Pookkattu

I attended the virtual Zumba session on October 29th at 6 pm with 9 other people. We followed a YouTube video through DearNestle and it was very fun! This was my first time attending a Zumba class, virtual or otherwise, so it was really nice to be able to dance in the comfort of my own living room, but still feel connected to the other members of ALD who I know were doing the same. I am so glad to be a part of ALD because of all the fun, accessible events they plan--which is especially appreciated during COVID.



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ALD WRITES KIND LETTERS TO THE ELDERS

November 12

Olivia Hoffman

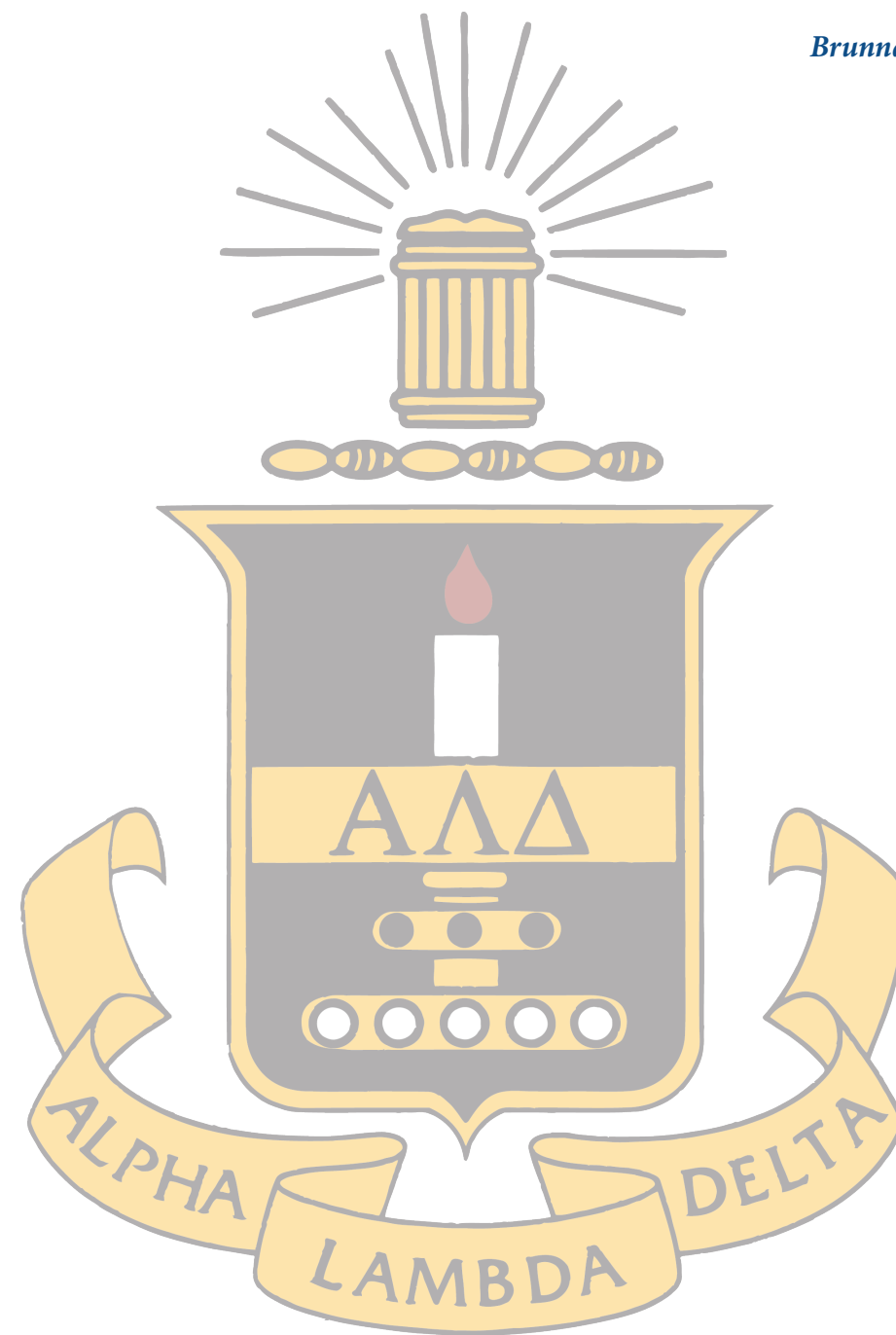
On Thursday, November 12th, UConn ALD members gathered together (virtually) to write letters to elders residing in nursing homes. This past year has been really tough on the world as a whole, but these tough times can be especially isolating for the elderly, who often live alone and cannot spend time with loved ones due to the virus. The goal of our letter writing event, hosted by our Community Outreach Chair, Betsy Philip, was to give the letter recipients something that would bring them joy, while maintaining CDC guidelines and staying safe. To kick off the meeting, Betsy gave us the overall purpose of our event, and laid out our task for the meeting. ALD members were given the option to either record two encouraging videos to be shown to the elderly, or to hand write five unique letters to elders. Betsy also covered suggested prompts we should think about when drafting our videos and letters, and then it was time to write! I focused my letters to the elders on the “light at the end of the tunnel”: hopefully being able to see loved ones sometime soon. I wanted to remain hopeful, and give the elders something to look forward to during these isolating times. Additionally, I talked about things I have been doing to keep busy throughout quarantine (such as Sudoku puzzles, word searches, and reading new books). I encouraged them to find something fun that they were passionate about, too, and hopefully that will help pass the time as well. After my letters were written, I sealed them up in a manilla envelope and sent them in the mail to the address Betsy instructed us to the following day. Overall, COVID has definitely been very difficult on people of all ages, but the elderly are at an especially vulnerable state due to their risk factors and distance from loved ones. I hope that my letters help some of the elders at the nursing home feel more connected to others during this trying time, and that it brought a smile to their faces. Completing acts of service feels so good, and this event was a very nice way to make a difference in the lives of others. Thank you to Betsy and the rest of the executive board for making this event possible!

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NOTE FROM THE NEWSLETTER CHAIR

Joining the E-board in our pandemic-affected time was not easy. We all had to adapt to a very online-dependent format and still, we were able to make it a successful semester. Besides, that’s what is so inspiring about you, the students of Alpha Lambda Delta! I am so proud of you all for striving to make the best of a very different semester, and being as involved as possible despite these challenges. I would like to thank the executive board members who facilitated my transition into the Newsletter Chair position, making it super fun and exciting! They continue to motivate me with their determination to make ALD enjoyable to the greatest extent for everyone. I am constantly being amazed at how much we can accomplish when we work together and commit to our goals. Thank you ALD for this Fall 2020 experience, I believe in all of you!

Brunna T. Louzada



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