



# STUDENT LIFE NEWSLETTER

ALL Student Activities are open to ALL NCC Students!

## NCC STUDENT CLUB AND ACTIVITY CALENDAR

April 22-26, 2024

Student Activities are open to ALL NCC STUDENTS!

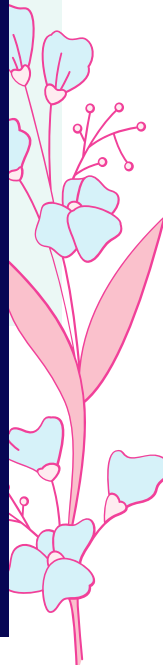
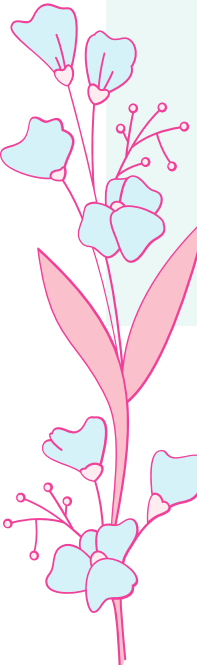
Monday April 22nd	Tuesday April 23rd	Wednesday April 24th	Thursday April 25th	Friday April 26th
<p>Noon: McIntyre Conference Room-#200 in Gregg Hall Loft Area <b>GSA CLUB</b> <small>Nashua Community College</small> <b>GSA</b></p> <p>Final OES Presentation: Bridges</p> <p>12:10pm: NCC Auditorium Music Club</p> 	<p>Noon: Library Conference Room Campus Christian Fellowship</p>  <p>Noon: Streeter 150 Alexander Technology Group Job Search Assistance</p>  <p>Noon TBD-Multimedia Club</p> 	<p>FREE LUNCH SPECIAL FOR ALL STUDENTS! FREE LUNCH THIS WEEK WEDS APR 24TH Sloppy Joe with Mac &amp; Cheese</p>  <p>FREE Stop into Café 885 Wednesday from 11:30-1pm</p> <p>Search for MyNCC at the App Store or "Nashua Community College" on Google Play</p>  <p>This is where school cancellations will be posted.</p>	<p>2pm: Library- Lyr! </p> <p>Noon: Library Conference Room: Outdoors Club</p>  <p>Noon: Game Room Nerd Club</p>  <p>6pm-8pm in the Atrium Windows Coffeehouse</p> 	<p>Spring 2024 Fitness Center Hours</p>  <p>Mon-Thurs: 9-5 Friday: 10-4</p> <p>OPEN GYM MON-THURS FROM 12-1PM</p> 

## NCC Trip to the NH Fishercats



## Grand Slam PACKAGE

- **Who:** ALL NCC Students are eligible
- **Where:** Delta Dental Stadium- 1 Line Drive Manchester, NH 03101;
- Seating is section 107 between third base and home plate
- **EXTRAS:** Each ticket includes a hot-dog, chips, a soft drink, and a FREE NH Fishercats hat!
- **When:** Friday May 10th- game time of 6:35pm
- **How:** Transportation is not provided, but parking is if you let us know in advance (see link)- <https://forms.gle/bRc2cLHAWf5sLVbG9>
- **Questions?** Email Amy at [avazifdar@ccsnh.edu](mailto:avazifdar@ccsnh.edu)
- **Signup Deadline** is MAY 6th at NOON (or until seats are filled)
- **TICKETS ARE FIRST-COME, FIRST SERVED**



# WINDOWS Coffeehouse

April 25, 2024, 6 - 8 p.m.



Join the editors of *Windows* magazine in **the NCC Atrium** for the launch of the Spring 2024 issue of *Windows*. Free refreshments served. Open mic to share writing or music. **Please bring a canned good for the Nashua Soup Kitchen.**



**NASHUA**  
COMMUNITY COLLEGE

# LYRA

Coming soon



Thursday, April 25  
2 pm in the Library



RETURNING FOR  
FINALS WEEK  
*BAMBI OR APOLLO*

TUESDAY APRIL 30  
11 AM IN THE LIBRARY

# Pop-Up Produce Stands

11am - 12pm

United Way of Greater Nashua

[www.unitedwaynashua.org](http://www.unitedwaynashua.org)

[info@unitedwaynashua.org](mailto:info@unitedwaynashua.org) | (603)882-4011

## **Mondays**

Harbor Care  
45 High Street

## **Tuesdays**

Major Drive  
101 Major Drive

Boys and Girls Club  
1 Positive Place (4:30pm - 5:30pm)

## **Wednesdays**

Lamprey Health Care  
22 Prospect Street

## **Thursdays**

River Pines Mobile Home Park  
34 Birch River Trail

## **Fridays**

Sullivan Terrace  
56 Tyler Street

## **Lunes**

Harbor Care  
45 High Street

## **Martes**

Major Drive  
101 Major Drive

Club de niños y niñas  
1 Positive Place (4:30pm - 5:30pm)

## **Miércoles**

Cuidado de la salud de la lamprey  
22 Prospect Street

## **Jueves**

Parque de casas móviles River Pines  
34 Birch River Trail

## **Viernes**

Sullivan Terrace  
56 Tyler Street

For information about cancellations, please contact us at [info@unitedwaynashua.org](mailto:info@unitedwaynashua.org) or (603)882-4011. Cancellations will also be listed on the United Way of Greater Nashua Facebook page.

Para obtener información sobre cancelaciones, contáctenos por correo electrónico a [info@unitedwaynashua.org](mailto:info@unitedwaynashua.org) o llámenos al (603) 882-4011. Las cancelaciones también serán compartidas en la página de Facebook de United Way of Greater Nashua.

The St Joseph Hospital Mobile Health Clinic provides non-urgent, walk-in care, including vaccines and point of care testing. Scan the QR code to see where we are scheduled throughout the community.



\*\*\* April 22 - November 1 \*\*\*



Nashua Soup Kitchen & Shelter, Inc.



United Way of Greater Nashua

# FREE THERAPY SESSIONS!



**Try it Out.  
Talk it Out.**

**Nashua Community  
College students get 3  
FREE 50-minute  
teletherapy sessions**



**MENTAL HEALTH  
IS HEALTH**

**Something on your mind?  
Teletherapy can help.**

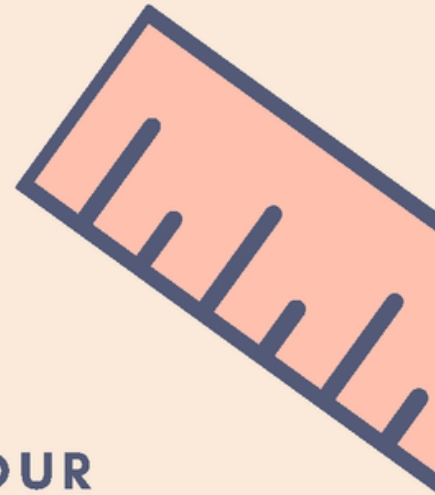
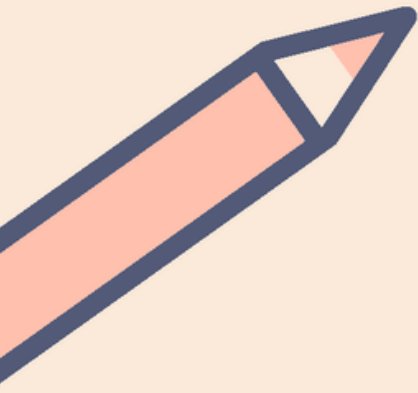
## Why do students (like you) go to therapy?

- ✓ Feeling consistently low or sad
- ✓ Persistent anxiety
- ✓ Handling a breakup
- ✓ Loss of a loved one
- ✓ Past or current experiences of trauma or abuse
- ✓ Academic pressures and performance
- ✓ Housing or roommate tension
- ✓ Challenges with family members or at home
- ✓ Balancing childcare / care for family members
- ✓ Experiencing discrimination related to your race, weight, religion, immigration status, gender, sexual orientation, or disability (not comprehensive)



Scan me to register

Learn more and register at [www.bettermynd.com](http://www.bettermynd.com)



NCC LIBRARY REQUESTS YOUR

# TUTOR FEEDBACK

Did you use Brainfuse 24/7 Online Tutoring or In Person Tutoring?  
If so, let us know how it went.

**FILL OUT A FORM AT THE LIBRARY OR USE THE QR CODE**

Your feedback will help the NCC Library improve the tutoring program



Scan Me

OR



Click Me



# The "Big Contest" is back!



Any student at NCC who has created digital media for a class can enter that product in the "Big Contest" put on by HUGEmanities at UNH and funded by the Mellon Foundation.

There are four categories—Digital storytelling, innovative design, "change the world" and a breakout award for novices to digital storytelling and 100-level courses. *Prizes for first, second and third place earn awards of \$300, \$200, and \$100 respectively and will be recognized at an award ceremony at UNH in May.* Last year, CCSNH students won prizes in several categories. The digital media should be no longer than six minutes in length to qualify. If you know of a student or group of students who are creating digital media presentations for your classes, please encourage them to apply for this award. If you have any questions, please contact Stephanie Roper (sroper@ccsnh.edu)

To get a sense of what some of the winners from both UNH and the CCSNH system have produced, check out some of the content from last year's winners:

<https://sites.usnh.edu/hugemanities/the-big-contest-2/the-big-contest-2023/>

- Shared by Prof. Stephanie Roper



## Join Us in Supporting New Families at United Way of Greater Nashua's Community Baby Shower!

Date: April 23rd

Location: United Way of Greater Nashua Office

Are you passionate about helping new and expecting low-income parents in the Greater Nashua area? Here's your chance to make a difference! United Way of Greater Nashua is thrilled to announce its annual Community Baby Shower, a heartwarming event designed to provide essential support to families in need.

### How You Can Help, [DONATION LIST](#):

We invite our amazing community of volunteers, supporters, friends, and champions to come together and support these families by donating items from our wish list or the list provided below. All items should be new or in "like new" condition.



<b>Wish List Items:</b>	Towels (new)
Bibs (new)	Strollers
Bottles	Booster Seats
Breast Pumps	Carriers / Backpacks
Burp Cloths (new)	Car Seats (new only)
Baby Utensils	Educational Toys
Diapers (all sizes)	Thermometers
Wipes	Pacifiers (new)
Diaper Bags	Teething Rings (new)
Baby Wash and Lotion	Parenting Books
Rash Cream	Baby Clothes (new only)
Baby Shampoo	Lightweight Blankets
	Donation Details:

If your faith community, school, company, or service group is interested in hosting a donation box, please reach out to us, and we'll provide you with fliers and a donation box.

All donated items should be sent or dropped off at United Way, located at 20 Broad Street, Nashua NH 03064, between 9:30am and 4:30pm on weekdays, no later than April 19th.

**Volunteering:** We have a few open volunteer shifts that can be found [HERE](#) and may need EVEN MORE help during our 2:30-5pm shift. We are currently creating a "waitlist" for this shift. If you would like to be added to the list, please let me know by contacting me at [sceaser@unitedwaynashua.org](mailto:sceaser@unitedwaynashua.org).

**Spread the Word:** Registration is required for this event. If you know someone who could benefit from our Community Baby Shower, please encourage them to contact United Way at [info@unitedwaynashua.org](mailto:info@unitedwaynashua.org) or (603) 882-4011.

**Thank you for your generosity and support! Together, we can make a meaningful difference in the lives of families in our community.**

Shared by Sara Ceaser, United Way of Greater Nashua, Director of Volunteer and Community Engagement

# BRINGING THE MOBILE HEALTH CLINIC

**TO YOU!**



We offer health services and education to businesses, community events, and community members.

Staffed with nurse practitioners, midwives, and registered nurses, we're here to assist in your care! We also proudly offer on-demand interpreting services.

## SERVICES OFFERED:

- ✓ Women's Health
- ✓ Wellness Checkups
- ✓ Vaccine Clinics - Including Flu & Shingles
- ✓ Smoking Cessation
- ✓ Blood Pressure Screenings/Education
- ✓ Nutrition Education

SCAN HERE FOR  
FOR  
FUTURE  
EVENTS!



If you or your business is interested in scheduling the Mobile Health Clinic, contact:

Rosemary Ford, Director of Interpreter Services/Mobile Health Clinic at [rsimpsonford@sjnh.org](mailto:rsimpsonford@sjnh.org)

**ST. JOSEPH HOSPITAL**  
A Member of Covenant Health

# ¡TRAYENDO LA CLINICA DE SALUD MOVIL A USTED!



Ofrecemos servicios de salud y educación a empresas, eventos comunitarios y miembros de la comunidad.

Con personal de enfermeras calificadas para ejercer la medicina, parteras y enfermeras registradas, ¡estamos aquí para ayudarlo en su cuidado! Estamos orgullosos de ofrecer servicios de interpretación a pedido.

## SERVICIOS OFRECIDOS:

- ✓ La Salud de la mujer
- ✓ Chequeos de bienestar
- ✓ Clínicas de vacunas – incluyendo la gripe y culebrilla
- ✓ Dejar de fumar
- ✓ Examen de presión arterial y educación
- ✓ Educación nutricional

Escanear  
aquí para  
eventos  
futuros!



Si usted o su negocio están interesados en programar la Clínica de Salud Móvil, comuníquese con:

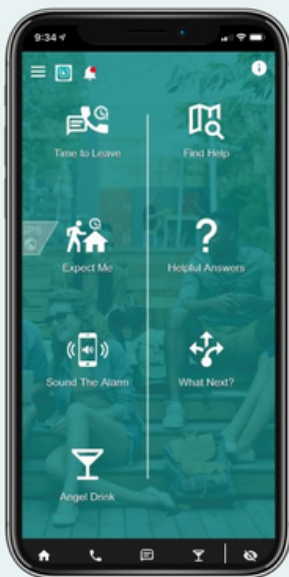
Rosemary Ford, Directora de Servicios de Interpretación/Clinica de Salud Móvil al [rsimpsonford@sjnh.org](mailto:rsimpsonford@sjnh.org)

**ST. JOSEPH HOSPITAL**  
A Member of Covenant Health

# April is Sexual Assault Awareness Month

The FREE USafeUS App will help give you tools to get out of an unsafe situation, and information and resources to seek help.

If you find yourself in an uncomfortable situation ...



... uSafeUS can help.

- **Send yourself** a fake text or call to leave an uncomfortable situation.
- **Let friends check on you** when walking alone.
- **Ask bar staff for help** – without anyone knowing.
- **Find resources, answers, and guidance** if a you or a friend experience sexual harassment or assault, relationship violence, or stalking.

© 2022 University of New Hampshire Prevention Innovations Research Center. uSafeUS is a registered trademark of the University of New Hampshire.

1



Protect yourself. Protect your friends.™



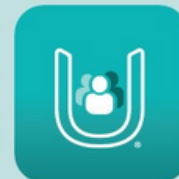
**Free & completely confidential**

**Download Now**

& select our campus



or  
search uSafeUS  
on app stores



Questions? Email [support@usafeus.org](mailto:support@usafeus.org)

© 2022 University of New Hampshire Prevention Innovations Research Center. uSafeUS is a registered trademark of the University of New Hampshire.

2

# Supportive Services Offered by the United Way of Greater Nashua!

## Support Resources in Greater Nashua / Recursos de apoyo en Greater Nashua

For information about hours of operation and services provided please contact the listed organizations directly.

Para obtener información sobre las horas de operadones y los servicios suministrados, comuníquese directamente con las organizaciones enumeradas.

### Food Supports / Apoyos alimentarios

Nashua Soup Kitchen and Shelter  
 Corpus Christi Food Pantry  
 Southern NH Rescue Mission  
 Salvation Army  
 Tolles Street Mission  
 United Way of Greater Nashua Pop-Up Pantries  
 St. John Neumann Food Pantry (Merrimack)  
 Merrimack Methodist Food Pantry  
 Hudson Food Pantry  
 SHARE Outreach (Milford)  
 Trinity Baptist Food Pantry  
 Grace Lutheran Church Food Pantry  
 End 68 Hours of Hunger (Children's Food)  
 Unitarian Universalist Church (community meals)  
 The Caregivers (grocery and meal delivery)  
 Meals on Wheels (grocery and meal delivery)

### Clothing / Ropa

Salvation Army  
 SHARE Outreach  
 Grey Nuns Thrift Shop  
 Merrimack Methodist Clothes Closet  
 Southern NH Rescue Mission

### Furniture and Household Items / Muebles y artículos para el hogar

Grey Nuns Thrift Shop  
 Lucky Dog Thrift Shop  
 Salvation Army  
 Goodwill Industries  
 Savers

For more information about any of these topics call "211" or 1-866-444-4211.  
 Para obtener más información sobre cualquiera de estos temas, llame al "211" o al 1-866-444-4211.  
 Produced by United Way of Greater Nashua. Contact us at [info@unitedwaynashua.org](mailto:info@unitedwaynashua.org) or (603)882-4011.

### Employment Assistance / Asistencia de empleo

New Hampshire Job Corps Center  
 New Hampshire Employment Security

### Housing Assistance / Asistencia de vivienda

The Front Door Agency  
 Nashua Housing & Redevelopment Authority

### Transitional Housing / Vivienda de transición

Family Promise of Southern NH  
 Marguerite's Place  
 Gianna's Place

### Temporary Shelters / Refugios temporales

Nashua Soup Kitchen and Shelter  
 Southern NH Rescue Mission  
 Hope Center for Women

### Drop-In Centers / Centros de acogida

Main Street United Methodist (8am - 10am M-F)

### Fuel Assistance / Asistencia de combustible

Southern NH Services

### Homelessness Supports / Apoyos para personas desamparadas

The Homeless Outreach Program (HOP)  
 Nashua Welfare Department  
 Stepping Stones (Youth Homelessness)  
 Coordinated Entry, Intake, and Referral 1-844-800-9911

### Health Care / Atención médica

Lamprey Health Care  
 Harbor Care Clinic and Wellness Center  
 Southern NH Medical Center  
 St. Joseph Hospital  
 Southern NH HIV / AIDS Task Force

### Dental Care / Atención dental

Greater Nashua Dental Connection

### Services for individuals with Disabilities

### Servicios para personas con discapacidades

The PLUS Company  
 The Nashua Center  
 Gateways Community Services

LIVE UNITED



P  
A  
N  
T  
R  
Y

OPEN

## Support Resources in Greater Nashua / Recursos de apoyo en Greater Nashua

For information about hours of operation and services provided please contact the listed organizations directly.

Para obtener información sobre las horas de operadones y los servicios suministrados, comuníquese directamente con las organizaciones enumeradas.

### Substance Abuse Recovery / Recuperación del abuso de sustancias

Keystone Hall  
 Revive Recovery Center  
 Syringe Services Alliance of the Nashua Area

### Mental Health Services / Servicios de salud mental

Greater Nashua Mental Health  
 Harbor Care  
 H.E.A.R.T.S Peer Support & Crisis Respite Center  
 Harbor Care  
 The Youth Council

### Veterans' Services / Servicios para veteranos

New Hampshire Veteran's Services  
 Harbor Care  
 Support Services for Veteran Families

### Senior Supports / Apoyos para personas mayores

New Hampshire Bureau of Elderly & Adult Services  
 Nashua Senior Center  
 Social Security Administration  
 Southern NH Services  
 ServiceLink

For more information about any of these topics call "211" or 1-866-444-4211.  
 Para obtener más información sobre cualquiera de estos temas, llame al "211" o al 1-866-444-4211.  
 Produced by United Way of Greater Nashua. Contact us at [info@unitedwaynashua.org](mailto:info@unitedwaynashua.org) or (603)882-4011.

### Transportation / Transporte

The Caregivers (rides and grocery delivery)  
 Nashua Transit System  
 Nashua Transit System Paratransit  
 Boston Express Bus  
 Easter Seals

### Bikes / Bicicletas

Gate City Bike Co-op

### Education / Educación

Nashua School District  
 Nashua Public Library  
 Adult Learning Center

### Children's Programming / Programación infantil

Girls Inc.  
 Boys and Girls Club of Greater Nashua  
 Nashua Police Athletic League (PAL)  
 Greater Nashua YMCA  
 21<sup>st</sup> Century Extended Day program  
 United Way of Greater Nashua Tutoring

### Community Centers/ Centros Comunitarios

Arlington Street Community Center  
 Centro Latino Comunitario

### Legal Assistance / Asistencia Legal

New Hampshire Legal Assistance

### Immigration and New American Supports / Inmigración y apoyos para nuevos ciudadanos Americanos

Ascentria Care Alliance  
 International Institute of New England

### Comprehensive Supports / Apoyos integrales/Apoyos comprensivos

Nashua Division of Public Health & Community Services  
 New Hampshire Division of Health & Human Services  
 New Hampshire Division for Children, Youth and Family-Child Protective Services  
 Southern NH Services  
 Easter Seals  
 211

LIVE UNITED



# Bicycle Sale

Cash  
or  
Check

**Sat, Apr 27 9am until sell out**  
**17 Airport Road, Nashua**  
**off Amherst Street**

- Quality used bikes
- Priced at a fraction of original cost
- Tuned and ready to ride
- Adult and children's sizes
- Mountain, road, and vintage bikes
- **Cash or check ONLY**



## FUNDRAISER

[GateCityBikeCoop.org](http://GateCityBikeCoop.org)

603-759-9056

We repair donated used bikes and give them to greater Nashua area low-income residents, for free.