

Subject: This Week at UH West O'ahu - Week of April 6, 2020
From: UHWO Communications Department <uhwocomm@hawaii.edu>
To: uhwo-all-l@lists.hawaii.edu
Date Sent: Monday, April 6, 2020 8:48:29 AM GMT-10:00
Date Received: Monday, April 6, 2020 8:48:48 AM GMT-10:00
Attachments: WORLDHEALTHDAY.jpg

A BULLETIN FOR UH WEST O'AHU FACULTY AND STAFF
This Week at UH West O'ahu
Week of April 6, 2020

University of Hawai'i–West O'ahu COVID-19 webpage

Visit the [UH West O'ahu COVID-19 page](#) for campus-related information, including student, faculty, and staff resources, as well as important announcements, available support, event closures, and impacted locations.

Additional Guidance on Masks

Based on recent guidance from the Centers for Disease Control and Prevention (CDC) and recommendations from county mayors and the Senate Special Committee on COVID-19, Gov. Ige and the Hawai'i Dept. of Health and the Hawai'i Emergency Management Agency are formulating a statewide policy on the use of face masks. Although there is no current data to demonstrate that homemade, cloth masks are effective for individual protection, it is prudent to urge everyone that wearing a fabric mask can help prevent the spread of infection to others, when the mask is worn by someone who already is infected with the virus that causes COVID-19. Check this website for additional guidance: <https://hawaiicovid19.com>

Dr. Bruce Anderson, Director of the Dept. of Health said, "Many of us may be walking around unaware that we may be carrying coronavirus and when we cough, sneeze, and to a lesser degree, even speak, cloth masks may block infectious droplets from spreading. Protection is maximized when face masks are used consistently and properly to avoid contaminating the hands or face of someone wearing one." Anderson added that fabric masks should be replaced when they become moist and washed after each use.

University of Hawai'i COVID-19 webpage

The University of Hawai'i's [webpage](#) provides information and updates regarding the COVID-19 pandemic on behalf of the UH System. Among the announcements and resources UH recently shared:

- April 2: COVID-19 update positive tests
<https://www.hawaii.edu/news/2020/04/02/covid-19-positive-tests/>
- April 2: UH grading adjustments on the way
<https://www.hawaii.edu/news/2020/04/02/grading-adjustments-on-the-way/>
- March 31: UH's 10 campuses move all summer courses online for first session
<https://www.hawaii.edu/news/2020/03/31/10-campus-es-summer-courses-online/>
- March 31: How to apply for the UH Urgent Student Relief Fund
<https://www.hawaii.edu/news/2020/03/31/apply-uh-urgent-student-relief/>
- March 30: Sex discrimination and gender-based violence resources for students
<https://www.hawaii.edu/news/2020/03/30/title-ix-student-resources/>

The UH COVID-19 webpage will be updated with any new warnings, advisories, and guidance from UH, Hawai'i Department of Health, U.S. State Department, and the Centers for Disease Control. Please continue to check your emails for updates. If you have any questions, please email: covid19@hawaii.edu.

Mental Health Moment – Physical Activity

Clinical psychologists Dr. Steven Taketa and Dr. Analu Sing, with [UH West O’ahu’s Counseling Services](#), will offer weekly mental health tips to students, faculty, and staff to cope through COVID-19 and these trying times:

Used often in treatment plans for mental health, such as anxiety, physical activity helps reduce symptoms including excessive worry, irritability, difficulty concentrating, and sleep disturbance. Find a physical activity that you enjoy – whether it’s walking or biking – and if possible, exercise (safely and responsibly) with someone you care about.

COPING THROUGH COVID

How are you maintaining your mental, physical, and emotional well-being while practicing social distancing? We’d like to hear about your coping mechanisms or personal stories of how you are managing as we navigate these unique times. Have unique tips to share? Fun activities? Email uhwoomm@hawaii.edu to submit your survival strategies.

Here’s a fun one from Adrian Lee, Administrative Officer with the Office of Vice Chancellor for Academic Affairs at UH West O’ahu:

We made a commitment to purchase one of our meals – breakfast, lunch, or dinner – as a takeout from a diner/restaurant. It gives us something to look forward to, helps our economy, legitimately gets us out of the house, (and) we all have a meal together and have a conversation about where we will eat tomorrow!

2020 EUTF Health Benefits and PCP Open Enrollment

A message from the System Office of Human Resources:

The Hawai’i Employer-Union Health Benefits Trust Fund (EUTF) and Premium Conversion Plan (PCP) Open Enrollment period is from April 1 through May 15 for coverage effective July 1, 2020, through June 30, 2021.

To be eligible for health benefits, employees must be employed on a half-time basis or more and have an appointment at least three months in duration. Should you have questions regarding your eligibility, please contact your designated HR Representative (<http://go.hawaii.edu/Aiz>).

During Open Enrollment, eligible employees have the opportunity to make changes to health coverage and PCP (PCP is a voluntary program that allows employees to deduct health plan premiums on a pre-tax basis). For more information, view the OHR Announcement banner "2020 Open Enrollment – EUTF Health Benefits and Flexible Spending Account (FSA)" at <https://www.hawaii.edu/ohr/>.

PIKO Outdoor Learning Space construction deliveries

There will be multiple construction deliveries occurring for the PIKO Outdoor Learning Space project. When there are deliveries, please expect temporary disruptions to pedestrian access at the roundabout and entry ramp. All persons in the vicinity of this project are advised to respect all construction barricades and all posted safety/detour signs. If you have any questions or need additional information, please contact the UH West O’ahu Project Manager at 689-2546.

World Health Day, April 7

Join students, faculty, and community leaders across Hawai’i to commemorate World Health Day with a virtual dialogue in times of the COVID-19 crisis, 2 to 3 p.m. April 7 via Zoom at <https://zoom.us/j/644400453>. The virtual event is being coordinated on campus by UH West O’ahu political science instructor Joshua Cooper and his Global Issues (POLSC 320) students.

The discussion will cover: the United Nations/World Health Organization, how health is a human right, and Robert F. Kennedy Speak Truth to Power human rights defenders Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, and Dr. Tedros Adhanom Ghebreyesus, Director-General of the WHO.

Cooper and his students have coordinated another virtual event to be held earlier in the day, noon April 7 via [Zoom](#), a forum to commemorate the anniversary of the passing of Dr. Martin Luther King Jr. and to discuss the documentary, “Eyes on the Prize: Then and Now,” as well as ideas regarding human rights in Hawai’i and beyond. Prior to the forum, students and faculty are welcome to watch the nearly 30-minute film at their convenience via this [link](#).

For more information about either event, contact joshuacooperhawaii@gmail.com. The events are presented by Human Rights Club, Hawai’i Institute for Human Rights, UNA-USA Hawai’i, Amnesty International USA. Please see and share attached flyer for World Health Day.

Honouliuli (Ho’opili) Station update

Here’s an up-close look at the Honouliuli (Ho’opili) rail station, with images courtesy of Nan, Inc.:



A recent look at Honouliuli (Ho’opili) Station’s platform level



A recent look at Honouliuli (Ho’opili) Station’s ground level entry area

Distance Learning Tip of the Week – April Theme: Tools for Online Learning

OneTab is a Chrome extension that saves a set of open browser windows, allowing you to return to your work with ease. In a rush to shut down your computer? Click OneTab to maintain a record of open URLs. This is great for saving a tab group for use during an upcoming class session. When the time comes, click the OneTab icon, select the relevant tab group, and restore your Chrome browsing session. Or capture the URLs as a list and 'share as a webpage' using a QR code. Share the QR code with students who can use a smartphone app to retrieve a curated list of webpages, video clips and articles. Find OneTab in the [Chrome Web Store](#).

News from [E Kamakani Hou](#)



[Mental Health Moment – Keep Children Safe from COVID-19](#) - Clinical psychologists Dr. Steven Taketa and Dr. Analu Sing, with [UH West O’ahu’s Counseling Services](#), will offer weekly mental health tips to students, faculty, and staff to cope through COVID-19 and these trying times.

[Students encouraged to serve as PUEO Leaders, apply by April 6](#) - If you’re a University of Hawai’i–West O’ahu student wanting to develop leadership skills while serving your community, then apply to become a PUEO (Peer Undergraduate Engagement and Orientation) Leader for the 2020-2021 school year. The [online application](#) deadline is on Monday, April 6.

[UH West O’ahu graduate honored as a ‘Teacher of Promise’](#) - As Naturalee ‘Ilima Puou speaks at the start of her English Language Arts class to more than two dozen high school freshmen, she easily holds the attention of her young students.

[UH West O’ahu V.E.T.S. lab creates 3D-printed parts for protective equipment](#) - The University of Hawai’i–West O’ahu is doing its part to assist with the COVID-19 response with the help of 3D printers at the [Veterans Empowered Through Stem](#) (V.E.T.S.) lab.

[First virtual transfer workshop by UH West O’ahu for Honolulu CC students](#) - In adjusting to these changing times, the University of Hawai’i–West O’ahu’s [Office of Admissions](#) will hold its first Zoom Transfer Workshop on April 7 for a class at Honolulu Community College.

The deadline to include your item in the next This Week is Thursday night. Please submit your item using the Communication Department’s [Communications Request Form](#).

WESTOAHU.HAWAII.EDU



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HUMAN RIGHTS
SUSTAINABILITY CAMPUS COMMUNITY DIALOGUE

in times of the COVID-19 CRISIS

WORLD
HEALTH DAY

APRIL 7th

2:00pm
to
3:00pm

Join fellow students, faculty and community leaders across Hawai'i to commemorate World Health Day **discussing important and imminent issues important to our islands**

This discussion
will cover:

- ✓ UN World Health Organization (WHO)
- ✓ HEALTH IS A HUMAN RIGHT
- ✓ ROBERT F. KENNEDY SPEAK TRUTH TO POWER
HUMAN RIGHTS DEFENDERS

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, and
Dr. Tedros Adhanom Ghebreyesus, director-general of the WHO.

Please join us for
social justice in times
of social distancing via zoom

<https://zoom.us/j/644400453>

For More Information contact:
joshuacooperhawaii@gmail.com

Presented by
Human Rights Club, Hawaii Institute for Human Rights,
UNA-USA Hawai'i, Amnesty International USA