

**Date:** 23/07/2020

**To:** Students' Union Council

**Re:** Vice President Student Life 2020/21 Report #7

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Hello council!

I hope all of you are staying healthy and are enjoying your summer so far! It has been a busy two weeks but productive!

### **Health and Dental Plan**

I am finally able to discuss the specifics of the Health and Dental Plan for this year! We will be offering two plans this year: comprehensive and basic. The comprehensive plan is \$315 and the basic plan is \$240, reflected in coverage differences between the two plans. Specific breakdowns will be available to students on the StudentCare website closer to September. New to this year, both tiers of the plan include Empower Me, a mental health and wellness service that connects students to counsellors that offer sessions in person, by telephone, by video-counselling, or by e-counselling. To access Empower Me, you can call their phone number to set up initial appointments. The operators are also trained counsellors to help students in crisis. Empower Me is available any time of day, confidential, multilingual, culturally sensitive, gender inclusive and faith inclusive. And it's all covered by the Health and Dental Plan! I will go more in depth about this during my oral report to help explain and answer any questions.

### **Work to End Period Poverty**

VP Krahn and I have been continuing work on this initiative. We have been developing our finalized plan, mission, value statements and timeline. If all continues to plan, we are hoping to have some dispensers installed in the fall semester.

### **EDI**

EDIT is officially filled and we are preparing for our first meeting. This will be coming in the next two weeks! I will be meeting with every member for coffee to get to know them before our first meeting. I am really thankful to Nom Com and all the work they put in to get this committee together. On a different EDI note, the Campus Policing Policy group has been assembled! We should also be meeting in the next two weeks.

**Residence**

We are slowly getting a clearer picture of how things will be working this fall. Schaffer Hall will be the only tower open in Lister, Peter Lougheed Hall will be used for those who need to self isolate, and the rest will be open as usual. There has been no decision made about Residence St. Jean yet. The president of RSJ and I have been working hard in various committees to ensure those students' needs are being represented. CORA as a whole is keenly aware of their residents mental health needs this semester. They are preparing their organizations and we are working with Residence Services to address this throughout the year.

Book Update!! Last week I read: "Darling Rose Gold" by Stephanie Wrobel (4 stars), "Untamed" by Glennon Doyle (5 stars) and "The Guest List" by Lucy Foley (4 stars). Strong recommendation for "Untamed" it's a nonfiction book about an evangelical Christian woman self help author who falls in love with a woman. She has written quite a few books detailing her marriage throughout the years. These aren't normally my go-to types of books but I loved this one. Next week I'm reading: "Americanah" by Chimamanda Ngozi Adichie, "The Henna Artist" by Alka Joshi and "A Burning" by Megha Majumdar.

Feel free to message me if you want to meet up to discuss anything! I'm always free to listen!

Cheers,

**Katie Kidd**

University of Alberta Students' Union Vice President Student Life