LIFE IN A
PANDEMIC

HOW THREE MONTHS OF COVID-19 CHANGED OUR WORLD

Campuses shut down. Business owners closed shop—some temporarily, some for good. Stay-at-home orders hit pause on the economy—
and many of our lives paused along with it. Millions filed for unemployment support, while others adjusted to a new home office and remote
work schedule. Some faced the frontlines, maintaining work deemed essential. Words and phrases like “flatten the curve,” “unprecedented,”
“contact-free,” “social distancing” and “quarantine” filled our vocabularies. Trips were canceled, concerts postponed and graduation ceremo-
nies will have to wait.

The COVID-19 pandemic upended lives as it swept across the globe in the early months of the year. There were more than 5 million cases of
the potentially life-threatening disease reported worldwide as of late May; 1.6 million of those in the U.S., where some 100,000 have died.

For many WCC students, the pandemic meant lost jobs, concerns about family members’ health, and creating a new normal within the con-
fines of quarantine and social distancing. Students and teachers alike were tasked with adapting to a semester suddenly online. There was
disappointment over vanished internships and summer vacations; fears about the job market; loneliness and uncertainty. And there was the
knowledge that these troubles were tiny compared with the grief of 5,000-plus deaths in our state—one of the hardest hit in the country—or
the heroics of health professionals battling a new and deadly disease with limited resources and no roadmap.

This special section—prepared as the pandemic pushed toward summer—aims to capture some of that experience.

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**Nurse describes ‘unfathomable’ reality of caring for coronavirus patients**

WCC nursing instructor works in COVID-19 unit: ‘I just wish people took this more seriously’

By Jordan Imhoff

We’ve heard the numbers, but most of us don’t see the reality of what’s going on inside our hospitals. For Jordan Langlois, a nurse at the University of Michigan Medical Center, the COVID-19 pandemic is unlike anything she’s ever seen before.

“It’s very hard as a nurse to try to comfort someone when you’re wearing a shield and a mask… it alters the whole human response.”

— Jordan Langlois

**A letter to nursing students**

We’ve heard the numbers, but most of us don’t see the reality of what’s going on inside our hospitals. For Jordan Langlois, a nurse at the University of Michigan Medical Center, the COVID-19 pandemic is unlike anything she’s ever seen before.

“Many of us are overwhelmed, but it doesn’t feel that way because we’re all experiencing the same level of intensity at the same time.”

Langlois said she experienced tears on the staff; “It’s not rare to see people in tears.”

Langlois said she had to try to comfort some of the patients at the COVID ICU. “It’s an incredibly intense environment; everybody’s very, very sick.”

On May 3, 2020, there were 36,014 confirmed cases of coronavirus in Michigan and 3,577 deaths.

“Do you think it’s hard to look at all these numbers, to think about the possibility of losing people? ’Cause that’s the reality,” said Jordyn Imhoff, a spokeswoman for Michigan Medicine. “It’s not easy, you can’t do it. It’s not something you want to think about.”

**Packaged hospitals**

Typically, critically ill patients have their own ICU rooms, but in the COVID-19 unit, there’s often not enough space for that. Langlois said she has had to cooperate with many of the patients, and that some live in groups of two or three with “very sick” patients. The amount of resources and skill necessary to care for people who are that critically ill, so when they’re thousands of them at a time, “it’s unfathomable,” Langlois said.

“OK all of you, there’s a sufficient amount in the pediatric intensive care division for our patients in the adult COVID ICU. It’s an incredibly intense environment; everybody’s very, very sick.”

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**Support and solidarity**

As they navigate circumstances riddled with fear and uncertainty, Langlois said she and her colleagues still hold onto hope for each patient they encounter.

“We have hope for all of that. It’s not that hope that every single one of them will walk out and do fine because if we were to do everything we could and bring the patients who do not come out of the hospital, that’s the only hope we have for them to go on living.”

Many of the families’ members or loved ones may have to be able to come in to say goodbye, but if they can’t, they have to do the next best thing: “I don’t say goodbye to you; I say goodbye to your family. I’m sorry we couldn’t be there physically to give the family the comfort they deserve.”

“Nurses are staying in hotels at this time, Langlois said. “OK to worry about your family, OK to worry about your family, OK to worry about your family, OK to worry about your family.”

**Job to flatten the curve**

Langlois said she wishes more people were taking the pandemic seriously.

“While an approximate 2% death rate may not seem so bad, it’s nothing to take lightly,” Langlois said. “I get it; people are still going about their lives; that gives us hope, but…”

The way the hospital staff works together to save as many people as possible is in spring Langlois’ mind. “I’m thinking about how we’ve had to work so hard to take out all the fat and work such an effort to try to save people, it’s pretty incredible.”

Many of the families, doctors and therapists are suffering from the COVID-19 unit came from different areas of the hospital and didn’t know each other very well, but working together in the face of the pandemic united them.

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**We’re in this together**

Langlois reminded her students that as nurses, they are needed more than ever. “You are going to be the most incredible nurses; I have no doubt,” she wrote. “We are going to help the most vulnerable people through the worst and most impossible ex-...
Unemployment claims skyrocket as workers grapple with economic distress

When classes moved online, students, teachers adapted

When COVID-19 forced schools across the country, colleges and universities to adapt quickly—by including WCC—many were taking the place as we see it flying—i.e., how Lisa Riley, vice president of student and academic services, described the abrupt closure of the two community colleges. March 11, WCC officials decided the move to suspend all in-person classes and move remote alternatives instead. The decision came as the day before the two campuses were cut before that, with the state's stay-at-home order. Judge rules on detaining personal protection orders that are nearing expiration. WCC suspends on-campus operations through the age of 24 can be claimed as a dependent in 2020. The grants are meant to provide financial assistance to low-income students. CARES grants supply aid for eligible students

WCC rises to uncertain times

How the campus community navigated the pandemic

Unemployment claims skyrocket as workers grapple with economic distress

The Washtenaw Voice, May 30, 2020

Amid shutdowns, stay-at-home orders and other anti-epidemic efforts, COVID-19’s economic consequences images of one class to another was stressful for all Annals. 30, a morning class in WCC. Even though she was already taking one online class last semester, she said learning science-based classes better face-to-face. When her organ- ics biology class suddenly be- came the Michigan Coronavirus Task Force on Racial Disparities, chaired by Lt. Gov. Garlin Gilchrist II.

Despite the abrupt closure, many were taking the place as we see it flying—i.e., how Lisa Riley, vice president of student and academic services, described the abrupt closure of the two campuses. March 11, WCC officials decided the move to suspend all in-person classes and move remote alternatives instead. The decision came as the day before the two campuses were cut before that, with the state’s stay-at-home order. Judge rules on detaining personal protection orders that are nearing expiration. WCC suspends on-campus operations through the age of 24 can be claimed as a dependent in 2020. The grants are meant to provide financial assistance to low-income students. CARES grants supply aid for eligible students

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Social distance without a disconnect

**As warm weather begins to beckon, the community begins to look back into society during this pandemic, it’s important to reconsider the role of social media in our daily routines.**

When it comes to our health, we’ve worked so hard to flatten the curve for the first wave of mass infection. If we allow the threat of a second wave to go unaddressed, it will be even more difficult to defeat.

Many of us have relied on social media for the support we need to navigate this pandemic. Staying connected to friends and family has been crucial to our emotional well-being.

With this in mind, it’s important to consider how we can connect safely and remain engaged without compromising our health.

## Online influencers, digital communities

United Nations, clickbait, meme farms, troll bait, and fake news. These terms are not unfamiliar to most of us, and in recent years, we’ve seen the spread of misinformation online become an issue of great concern.

Many of us believe that the spread of misinformation is simply the result of people misunderstanding the latest news stories. However, the situation is more complex.

Our urgency to share and discuss news stories can lead to the spread of misinformation. This is especially true during times of crisis when people are seeking to make sense of rapidly changing events.

##驶离混乱的海洋

As a recent study by the Pew Research Center, revealed that 48% of American adults have seen at least one misleading post on Facebook.

While we may not share the same conclusions about the spread of misinformation, there is a consensus that we need to be more diligent and informed as we navigate the information landscape.

## Is it possible to explore digital communities without malicious intent?

Online influencers, clickbait, and digital communities can assist students in staying connected to friends and family members. They can provide a sense of community and support, especially during times of isolation.

## Why not avoid an unnecessary trip into a store whenever possible?

As stores and businesses begin to reopen, it’s still important to act with caution. Even as social distancing measures are lifted, people are encouraged to continue practicing social distancing measures.

## Relying on social media to stay connected

While sharing news, we must be mindful of the positive and negative impacts of social media on our mental health and well-being.

Social media can be a source of comfort and community, but it can also lead to feelings of anxiety and depression.

## By Debra Destefani

There are a number of ways to protect ourselves online, while still taking safety precautions.

### False claims and COVID-19

The spread of misinformation is already harmful enough, on top of the mental and physical toll it can take on our lives. It is important to consider the potential of a second wave of mass infection.

### False news isn’t new

Disinformation spread is similarly prevalent when it comes to political content. The impact that political attacks have on the public can be significant.

In fact, 50% of those who follow social media are most likely to share news or online content they believe to be false.

Online influencers, like themselves, CAP is a wonderful resource that students can assist students in staying connected to friends and family members. They can provide a sense of community and support, especially during times of isolation.

## What you can do to stop the vicious cycle of sharing misinformation

When you post that seems geared toward emotion, check it out before you hit publish. It’s important to think about the content that you’re sharing and consider whether it’s responsible or informative.

Take a moment and ask yourself: Is this really as important as you think it is? Is it worth spreading this misinformation?

When making these decisions, consider the impact of your actions on others.

If your friend or family member is sharing misinformation, it’s important to have a conversation with them and encourage them to seek out reliable sources.

## What to do when you become a victim of misinformation

When you’re aware of misinformation being spread, there are a few steps you can take to help combat the spread of false information.

First, it’s important to re-examine an article and its facts by checking the evidence.

While the company is in the midst of a number of challenges, it is working to improve the user experience and provide a more accurate and reliable news feed.

For example, when a friend or family member shares a news story, consider whether it’s important to engage with that content or whether it’s more appropriate to simply ignore it.

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What it’s like to be a grocery store worker during COVID-19 outbreak

By Aidan Ross

As零售 during COVID-19 outbreak. I was working as a bagger then. The store was flooded with people, trying to stock up on things they didn’t really need. Toilet paper, milk, meat, and bottled water were being fought over. A customer told me that someone had tried to steal a gallon of water from her cart.

Due to people buying large amounts of these things to hoard, the supply chains just couldn’t get things to the shelves fast enough, and they were empty. We limited the number of high-demand items each customer could buy, so what more people could have rice, gloves, cleaning supplies, and the like. These panics left me and my fellow workers exhausted and angry.

After the shortages were put into place, people began streaming into the store, and the rhythm within the store changed. Before the pandemic, I was busy at my store usually chatted and flowed with the standard work week, with the middle of the week being busiest, and Sundays being better. This was reversed very quickly.

When the shortages began, the store’s business hours were limited, screening began, and masks and gloves were distributed to workers. However, the use of masks seems to be par- ticularly lax among baggers. I was told by a bagger friend that he looked like an idiot wearing mine.

Due to the pandemic, the job is now dangerous. My friends constantly tell me to be careful at work.

In the past, it wasn’t often that people told us that what we did was important, but times have changed. This is a good change, but it’s sad that it comes at such a cost. Many of my coworkers have been affected, and I hope that they have jobs to return to once the pandemic has ended.

The next time you go shopping, be extra considerate to those around you. This pandemic has made even the most innocuous of activities potentially harmful. Leave enough of each item you buy so that others can have some, too. Protect other shoppers and the employees keeping things running by wearing a mask. Minimize the number of people in the store, and the number of people who go in with you. These things are small, but they help in incredible big ways.

In general, it seems that the world within the grocery store is shifting. I hope that this pandemic will have a lasting effect, in that people don’t take grocery store workers, and others like us, for granted anymore. That alone would greatly improve our lives.
There’s no place like home to slow the spread of the coronavirus.

Social distancing is the most effective tool we have for slowing the spread of the coronavirus. And that means staying home, if you can.

Work from home. Play at home. Stay at home. If you must go out, keep your social distance—six feet, or two arm-lengths apart. Young. Elderly. In between. It’s going to take every one of us. If home really is where the heart is, listen to yours and do the life-saving thing.

Visit Coronavirus.gov for the latest tips and information from the CDC.

#AloneTogether
COVID vision crisis threatens area businesses
WCC Entrepreneurship Center co-sponsors emergency fund

The Washtenaw Voice
May 30, 2020

When efforts to contain the COVID-19 pandemic forced many local businesses to close during the closure of Michigan's indoor activities, the majority of students either continued or switched to online learning.

Some businesses in jeopardy

“A lot of people are worried,” said Charlie Penner, executive director of the Greater Washtenaw Region WCC, the host institution for the organization.

Penner said many businesses might not fare as well, and some have already closed permanently.

The COVID-19 pandemic brought a dramatic decline in sales for many local restaurants, gift shops, bookstores, and nonessential shops, many of which have asked for help during the crisis).

In particular, students must adapt or five days a week like I normally would,” Annala said. “I miss socializing with people around me. It’s tough making the best out of a bad situation.

The board moved the topic on and refer- ences to our students and our tax payers. But what about the teachers? What is the future of education, will we see an influx of students who have been held back because of the pandemic?

The high volume resulted in some delay in processing claims and delays in paying out benefits, said O’Reilly.

WCC students, faculty and staff also shared how group video call is an effective tool to connect in the midst of COVID-19: “Everyone’s invited,” said Winslow. “We’re having a virtual group meeting. Bring your own snacks and join us.”

WCC students and organizers also created the United Way of Washtenaw’s Honors Club at WCC, encouraged students to reach out to each other virtually for “some social interaction,” in an effort to help keep our students connected.

Pro Libedelech, lead of student action at WCC, joined the conversation lab off, everyone intro- duced himself, shared how they were coping, what support they were getting, and how we were going to move forward.

What are your thoughts about COVID-19? Are you concerned that we’re increasing or decreasing the number of doctors? Have you considered your future of education, will we see an influx of students who have been held back because of the pandemic?

Some businesses in jeopardy

“Some folks have been able to feel comfortable still going out to people’s cars and talk- ing to them,” Amada said. “It’s a good way to keep going to work, or doing other things. It’s also a good way to support our local businesses.”

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For some downtime, the group discussed other apps like Where’s My Car?, a Chrome extension Netflix tip that might only serve tonth and staff came together for a group video call in an effort to help keep users connected. What are your thoughts about COVID-19? Are you concerned that we’re increasing or decreasing the number of doctors? Have you considered your future of education, will we see an influx of students who have been held back because of the pandemic?

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What are your thoughts about COVID-19? Are you concerned that we’re increasing or decreasing the number of doctors? Have you considered your future of education, will we see an influx of students who have been held back because of the pandemic?
COVID-19 has turned the world as we know it upside down. Weddings, graduations, birthday parties and baby showers have become a carefree farce or major change due to social gathering restrictions. While it may feel strange to celebrate holidays and birthdays during such uncertain times, there are still ways to stay connected and share joy with loved ones.

Veronica Boissoneau, a Student
photos by torrence williams

The following suggestions are meant to offer some tips on how to celebrate from a distance.

For younger children, consider doing a drive-by birthday party. You can communicate with the parents of your child’s friends that livenarly asking them to make “Happy Birthday” posters and hand them to their doorsteps. You can drive your child around to see friends who live and support them during this tough time.

Their friends can say hi from a distance and maybe even change gifts, while still respecting distancing rules. And the drive-by with dinner and dessert back in your home.

You can have a virtual birthday party, branch with zoom, crickets, zoom, Google hangouts, or another creative online platform. Everyone can grab something virtual version of snacks or dinner, and look to their laptops to see every single mileage.

It’s a great way to feel a sense of community without getting physically close.

If your child is curious about others where people are doing that for dinner parties, or a happy hour,” said Devin Streur, a professional counselor at WCC. Streur said he encourages students and friends to stay connected with each other virtually as they stay home and stay safe.

Exchange addresses with friends and family so you can send each other videos, pictures or cards to celebrate birthdays and other events—or just to brighten someone’s day.

For some gatherings such as bridal showers, in-person or virtual, or purification the occasion may be on pause to stay the optimal way to see those who are quarantined in their homes.

WCC co-hosts blood drive

BY MEGAN KENT

WCC and St. Joseph Mercy Hospital recently co-hosted a blood drive, held at WCC’s Morris Lawrence Building. Due to COVID-19, volunteers took special measures to conduct the blood drive safely.

Donors walked in their cars until an appointment time and had their temperatures taken before getting out. Volunteers and nurses wore masks and gloves, surfaces were sanitized between each donor, and tables and chairs remained six feet apart from each other.

Local business serves up hope for hungry residents

BY JACOB RODGERS

Eman Gordon, head of service at Foodies catering company, hands out a free meal. Foodies catering company started giving out free food to support residents impacted financially by COVID-19 in late March.

Foodies has approximately 26 full-time and contracted employees. Alexander decided to keep his full-time staff and pay their salaries out of pocket as long as the donations came in for the purchase of food.

Chef Alexander asked us, and we were all on the same page that we should do something for the food he’s used. He said he wanted to limit his grocery trips as much as possible. However, with high demand for groceries and stores struggling to keep shelves stocked, Alexander said he often has to adjust brands and meals based on what’s available.

“We begin every shift with a presentation that we’re working when we were hired at the elderly home, which was directed down from the window that we should do something for the food he’s used. He said he wanted to limit his grocery trips as much as possible. However, with high demand for groceries and stores struggling to keep shelves stocked, Alexander said he often has to adjust brands and meals based on what’s available.

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Celebrating at a distance

To volunteer risks, a volunteer interacts with donors while they give blood in their cars.

WCC’s blood drive took place in the Morris Lawrence Building.

WCC co-hosts blood drive

BY MEGAN KENT

As many residents face unemployment and food insecurity due to the COVID-19 pandemic, some local business owners are finding ways to help.

Sheldon Alexander, owner of Foodies, a catering company in Ann Arbor, saw a need in the community and decided to fill it.

“We wanted to make a difference for people and give them hope through a very dark time,” said Alexander.

Alexander has handed out more than 1,000 meals during the COVID-19 pandemic to front responders, residents, and volunteers in the service industry.

It started when Foodies was hired to cook for an assisted living home in March. The home shut down its kitchen as a precautionary measure to hopefully contain everything in its preparation for the coronavirus.

Foodies operates as a portable catering service, not a walk-in food truck. However, Alexander’s experience working in the assisted living home inspired him to use his humble walk-in food truck to support the community.

“I got me thinking of how we could make this work and give back to people that we’ve been working with for years in Ann Arbor,” Alexander said. “I contacted current and former clients about donations for food. “I know I can’t do it on my own so I contacted my staff and asked if they wanted to do something like this,” he said.

Foodies has approximately 26 full-time and contracted employees. Alexander decided to keep his full-time staff and pay their salaries out of pocket as long as the donations came in for the purchase of food.

Chef Alexander asked us, and we were all on the same page that we should do something for the food he’s used. He said he wanted to limit his grocery trips as much as possible. However, with high demand for groceries and stores struggling to keep shelves stocked, Alexander said he often has to adjust brands and meals based on what’s available.

“We begin every shift with a presentation that we’re working when we were hired at the elderly home, which was directed down from the window that we should do something for the food he’s used. He said he wanted to limit his grocery trips as much as possible. However, with high demand for groceries and stores struggling to keep shelves stocked, Alexander said he often has to adjust brands and meals based on what’s available.

For younger children, consider doing a drive-by birthday party. You can communicate with the parents of your child’s friends that live neary asking them to make “Happy Birthday” posters and hand them to their doorsteps. You can drive your child around to see friends who live and support them during this tough time.

Their friends can say hi from a distance and maybe even change gifts, while still respecting distancing rules. And the drive-by with dinner and dessert back in your home.

You can have a virtual birthday party, branch with zoom, crickets, zoom, Google hangouts, or another creative online platform. Everyone can grab something virtual version of snacks or dinner, and look to their laptops to see every single mileage.

It’s a great way to feel a sense of community without getting physically close.

If your child is curious about others where people are doing that for dinner parties, or a happy hour,” said Devin Streur, a professional counselor at WCC. Streur said he encourages students and friends to stay connected with each other virtually as they stay home and stay safe.

Exchange addresses with friends and family so you can send each other videos, pictures or cards to celebrate birthdays and other events—or just to brighten someone’s day.

For some gatherings such as bridal showers, in-person or virtual, or purification the occasion may be on pause to stay the optimal way to see those who are quarantined in their homes.

Celebrating at a distance

To volunteer risks, a volunteer interacts with donors while they give blood in their cars.

WCC’s blood drive took place in the Morris Lawrence Building.

WCC co-hosts blood drive

BY MEGAN KENT

As many residents face unemployment and food insecurity due to the COVID-19 pandemic, some local business owners are finding ways to help.

Sheldon Alexander, owner of Foodies, a catering company in Ann Arbor, saw a need in the community and decided to fill it.

“We wanted to make a difference for people and give them hope through a very dark time,” said Alexander.

Alexander has handed out more than 1,000 meals during the COVID-19 pandemic to front responders, residents, and volunteers in the service industry.

It started when Foodies was hired to cook for an assisted living home in March. The home shut down its kitchen as a precautionary measure to hopefully contain everything in its preparation for the coronavirus.

Foodies operates as a portable catering service, not a walk-in food truck. However, Alexander’s experience working in the assisted living home inspired him to use his humble walk-in food truck to support the community.

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March–May 2020:

Documenting a world in limbo

Photos by Lilly Kujawski

Businesses had to adapt quickly to COVID-19. Many restaurants moved to carry-out and delivery only while others closed. Non-essential stores were shuttered or moved to online sales only.

South State Street in downtown Ann Arbor was unusually empty during the COVID-19 crisis.

A tent is set up outside of St. Joseph Mercy Hospital for COVID-19 symptom screening.

The Detroit Metro Airport was uncharacteristically empty on March 22, as many travelers canceled or postponed flights due to the coronavirus.

As the world faced challenges unlike any we’ve seen before, the Voice asked students to share what life is like for them living through COVID-19.

The pandemic response sparked a divide between many Michiganders. There was outcry against the stay-at-home order from protesters in Lansing, and others around the state signified support for Gov. Gretchen Whitmer and solidarity for essential workers.

The Washtenaw Voice May 30, 2020

Read their stories, B2–B3
I'm a single mom with two young children. I attend school full-time at WCC. I have a full-time job in the catering department of a well-known Ann Arbor business. As such I was just trying to pick up for my duties during the pandemic. Since the classroom went online, I pretty much gave up on my classes because I know I won't be able to keep up. I am an honor roll student, but in this life I play any of my pocket for my classes and now not only do I not get my money back, but I also don't get the credit.

I have been a single mother with severe anxiety, and it's initially surprising when something like it happens. I gave back what I can to those who are in need. I have my Worker's Pass, my face mask and I am looking forward to the new life our society will build once this is over. And for that, I am grateful.
Learning to learn in a new way

Makali  Enright
24, Liberal Arts Transfer

To be honest, the transition to online classes was kind of difficult. Reorganizing my schedule and figuring out how to organize my schoolwork was something that I ended up doing twice: two of my classes moved to my other courses.

Shortly after the online transition, I was hit off course by quizzes and tests. I was not able to see how things were going as I am more comfortable studying from my couch and with others. Quarantine has made recovery more difficult, and I have learned that browsing social media, playing a video game, or watching something on TV is a way to relax and destress.

On top of that, both of my family. My family has found ways to interact together, to do fun projects, like a coffee-roasting event or creating a painting together.

Rebecca Prentice
22, Nursing

Being a nursing student during this time has been difficult. The only time I was on campus was before all school was shut down and before I was able to do any hands-on learning. The theory was easy, and all hands-on was cut off very early. So trying to transition hands-on learning to an online form has been incredibly difficult.

I am grateful for the online learning experience. My hobbies have really started to take the spotlight during this time. I have been spending more time with my family, taking care of their needs, and learning to be more relaxed. With all extracurricular activities canceled, I have been able to do all the normal activities that I'm used to doing like working out, cooking, and painting. It's been nice to spend more time with my family.

Lauren Spangenberg
25, Human Resources

The time spent at home has made everyone feel a little disconnected. The only time I was able to see my friends was when we went to eat out at a restaurant. I have friends who are working in the healthcare field, and they have had to be quarantined to make sure every patient is safe. I have been able to do all the normal activities that I'm used to doing like working out, cooking, and painting. It's been nice to spend more time with my family. I'm excited for the day that all of this is relegated to a memory.

Maggie Kaechele
22, Psychology

COVID-19 has definitely changed a lot in my life. I went from being a very structured student to teaching myself and my assignments. I am able to change my schedule, and I am able to take on more online courses.

The national mood is extreme. In the age of the coronavirus, we have more time to do things we normally don't have time for. I have been able to do a lot of my hobbies and activities, and I have been able to spend more time with my family.

Nicole Hart
24, Accounting

The COVID-19 pandemic has affected my job at Barnes & Noble. Due to the reduced hours, I am not able to make as much money as I am used to. I have had to find a new job, and I am currently looking for one that offers more benefits and salary.

The most important thing we can do right now is to support one another and show compassion.

Katerina Mendel
24, Early Childhood Education

Before the Coronavirus, I was going to take two classes per week, and I was working full-time at Panera Bread. I used to work 30-35 hours per week, and making time to work at the gym at least three times a week. I was also volunteering at a church on Saturday nights and going to church on Sunday. I lived my fast-paced life, but that all came to a halt.

I found that I was not able to keep myself focused on my studies, because I have many worries and I am so busy. I was also finding that my work was not challenging enough. With that being said, I was finding it hard to keep myself motivated to do anything. I really want to do something for my family. I wish I could do something, but it has been tough.

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David Seaman
27, Pre-Vet

Much is uncertain right now regarding COVID-19. There is an immense amount of information coming in. With each new bit of information, the pressure surrounding the uncertainty of this illness compounds. I believe we have two choices in how we respond to the fear—we can carry on for ourselves and become paralyzed by it, or we can help one another through it.

Adjusting to the new expectations in my classes has been difficult. The first couple of weeks were rough because I was not used to being in a classroom setting. I also had to adjust to how my teacher was setting up my class and how they were teaching us. I think about what I can do for my family. I wish I could do something, but it has been tough. I wish I could do something, but it has been tough.

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Mental health resources

Campus assistance program (CAP)
Visit caplife.umich.edu and login with the information below:
Username: WCC  Password: myresource
Or call 1-866-227-3834 anytime

The WCC Counseling Center
Open to phone calls at 734-677-5102
Virtual counseling sessions are also available to students.
If you are experiencing emotional distress in the context of the COVID-19 crisis:
Michigan State Well Counseling via the COVID-19 Hotline
Call 1-888-555-6136
Press “6” to talk to a Michigan State WCC counselor.
For meditation, sleep and movement exercises:
Visit headspace.com/mi (currently free for all Michiganders)
If you or someone you know is thinking about suicide:
The National Suicide Prevention Lifeline
Call 1-800-273-TALK (8255) or text TALK to 741741
National Suicide Prevention and Hard of Hearing Hotline
Access 24/7 video relay service
Call 1-800-273-8255 (TTY 1-800-799-4889)

If you are living with serious mental health or substance abuse challenges and feel it will help lower your stress if you talk with someone who understands these issues:
Michigan PEER Warmline
Call 1-888-PEER-753 (888-733-7753)

Substance abuse disorder/recovery support resources

For "17 Ways to Stay Sober When You’re Stuck at Home."
Visit thetemper.com/covid19-sober-tips/

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If you think you have the coronavirus:
• Follow CDC guidelines if you’re sick: stay home (except to get medical care); separate yourself from other people; monitor your symptoms; wear a mask or cloth face covering if you must be around other people and/or pets (even at home); cover coughs and sneezes; clean your hands often; avoid sharing personal household items; clean “high-touch” surfaces everyday. Visit cdc.gov/coronavirus/2019-ncov for further details and guidance.
• Michigan has expanded testing criteria to include individuals with mild symptoms, and anyone working in public and still reporting to work in person, whether they have symptoms or not.
• If you are experiencing COVID-19 symptoms, such as fever, cough or shortness of breath, call your healthcare provider to find out if you should be tested.
• Find a testing site near you by visiting michigan.gov/coronavirus and following the testing site link.
• If you or someone you know is experiencing COVID-19 emergency signs—which include trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face—seek emergency medical care immediately. Call 911 or call ahead to your local emergency facility and be sure to notify them that you are seeking care for someone who has or may have COVID-19.

How to file for unemployment
• Start the process at misunemployment.state.mi.us
• Find information and answers to frequently asked questions at tinyurl.com/uia-help
• Make sure you have the information you need to file a claim:
  > Your Social Security number
  > Employment information for the past 18 months, including: employer name and address, first/last day worked, gross earnings
  > Your address, phone number and date of birth
  > If you aren’t a U.S. citizen, you’ll need your “Alien Registration Number” and the expiration date of your work authorization card
  > Driver’s license or State ID
• Filing schedule for online claims:
  » Individuals with last names beginning with A-L: File online on Mondays, Wednesdays and Fridays
  » Individuals with last names beginning with M-Z: File online on Sundays, Tuesdays and Thursdays.
• Saturdays are reserved for those unable to file on their assigned days.
• Call center filing schedule (844-550-0017):
  » Individuals with last names beginning with A-L: Call on Mondays and Wednesdays between 8 a.m. and 5 p.m.
  » Individuals with last names beginning with M-Z: Call on Tuesdays and Thursdays between 8 a.m. and 5 p.m.
• Fridays between 8 a.m. and 5 p.m. are reserved for those unable to file on their assigned days.

Information about the WCC CARES grant:
• To apply and for more information, visit tinyurl.com/wcc-cares
• Grants are awarded in amounts of: $500, $1,000 and $1,500.
• To be eligible to apply for a grant for the winter semester, a student:
  » must be a United States citizen and otherwise qualify and fill out the FAFSA
  » must have a satisfactory Academic Progress
  » must have experienced financial impact from the cease of on-campus operations information for the past 18 months, including: employer name and address, first/last day worked, gross earnings
  > Your address, phone number and date of birth
• File online on Mondays, Wednesdays and Fridays.
• Saturdays are reserved for those unable to file on their assigned days.
• Call center filing schedule (844-550-0017):
  » Individuals with last names beginning with A-L: Call on Mondays and Wednesdays between 8 a.m. and 5 p.m.
  » Individuals with last names beginning with M-Z: Call on Tuesdays and Thursdays between 8 a.m. and 5 p.m.
• Fridays between 8 a.m. and 5 p.m. are reserved for those unable to file on their assigned days.

If you do not qualify for a CARES grant but are still in need of financial assistance:
The WCC Foundation Emergency Fund provides up to $500 to assist students facing economic hardship. Find more details and apply at tinyurl.com/wcc-emergency-fund. The fund pays for urgent expenses such as:
• Eviction notices
• Food shortages
• Utility/shut off notices
• Unexpected car repairs
• Technology needs; students lacking a laptop may apply for a new Chromebook provided by the fund

Tuition rates for the 2020-21 school year:
• $95 per credit hour for in-district students
• $164 per credit hour for out-of-district students
• $327 per credit hour for out-of-state students
• $368 per credit hour for international students
• $108 per credit hour for in-district distance learning students
• $117 per credit hour for out-of-district distance learning students
• $123 per credit hour for out-of-state distance learning students
• $124 per credit hour for international distance learning students