CHS family,

Sweet potato casserole with perfectly browned marshmallows on top is my favorite. Stuffing, cranberry relish, green beans and salad are a close second. As a vegetarian, I skip the turkey. Some love to cook a large meal at home for Thanksgiving; my family prefers to go out to a restaurant that has a big buffet, with lots of choices, which we won’t be doing this year.

Regardless of whether or how you celebrate Thanksgiving, this year is certain to be different from any other. Gatherings will be smaller or not happen at all. For some people, the holidays bring up happy memories while for others the holidays can bring sadness or dread. For many Native Americans and allies, Thanksgiving is a day of mourning or protest. While some people reject the holiday completely, some still take the opportunity to celebrate family, nature and life’s other blessings.

This year’s circumstances are a reminder that we can be grateful spontaneously in our own way for our own reasons on any given day. We can make gratitude a way of life. We can create new traditions. Perhaps one place to start a new November tradition is participating in one of the Native American Heritage Month celebrations planned by ASU students.

Here are some more ways to show gratitude this month:

**Honoring those who serve veterans:** Do you know a colleague who has contributed to veteran wellness at ASU? Nominate them for recognition as part of ASU’s Salute to Service 2020 celebration. The ASU Veterans Wellness Club will select 20 faculty and staff from the Downtown Phoenix campus who have had an impact on veteran wellness and recognize them with newly minted club challenge coins. A challenge coin is a sacred, time-honored tradition within the military that awards individuals for a job well done or for admirable accomplishments. Use this [Google form](#) to submit your nominations by Nov. 22.

**Giving to our favorite ASU causes:** On Tuesday, our new Director of Development Alma Chavez Strasser emailed you a booklet called, “Work Together, Give Together,” that includes stories from other faculty and staff across ASU about what inspires them to give as well as descriptions of the eight ways to give to the causes you love. [Ways to give to CHS](#).

**Helping others through the United Way:** By helping the United Way, we are furthering our CHS mission to improve health outcomes in the community. Every gift matters. This year, the CHS goal is to raise $27,500 with 100% participation through donation or simply
acknowledging the campaign. In the process, you can direct your donation to the charity of your choice. There are two ways to make your tax-deductible donation or to decline donating (which also counts as participation):

- **ONLINE**: [Online Donation Site](#)
- **PAPER FORM**: [2020 VSUW ASU Pledge Form](#) Print, complete and return to Lisa Zingale by email or interoffice mail at Mail Code 9020.

**Telling a good story**: Last summer, I launched story time videos to do my small part to help parents keep children entertained during the pandemic. Enjoy this week’s story, [The Gruffalo](#).

Whatever you do in the coming weeks, I encourage everyone to follow [CDC guidelines](#) for the holidays: Wear face coverings, stay six feet apart, wash hands often, and follow the specific guidance given for shared meals and other holiday activities. As you know, COVID-19 cases are on the rise in Arizona and ASU, so please remain vigilant and take care of yourself and others.

Take good care,

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