CHS family,

Growing up in Larchmont, New York, I lived on a cul-de-sac of about 30 houses. Lafayette Road was home to about 100 kids, and Halloween was a highly anticipated night in our tight-knit neighborhood. We collected treats as we talked with our neighbors, experiencing the closeness and kindness of the community. One woman even made cookies with our names on them. But most of all, I loved Halloween because I loved to wear a costume.

One year, when I was 10 years old, I was overjoyed to be dressing up as a ballerina. Then it snowed. I was so disappointed that I had to wear a coat over my tutu and rubber boots over my ballet slippers. How would anyone see my costume? This year, as families prepare for a modified Halloween in the pandemic, I think of that cold Halloween of my childhood. We did not cancel Halloween then because of the snow—it just looked a little different from under a coat. We will not cancel now because of the pandemic—it will just look a little different from a safer distance and from behind new kinds of masks as we work to slow the virus.

Those Halloweens on Lafayette Road were not just about receiving. We also collected pennies for UNICEF, learning a spirit of giving. In small ways, we went into our local community to help the broader community. As I announced in the State of the College video, the college will focus this year on stronger engagement with the community and become known as a primary collaborator as we seek better health solutions for all. I continue to encourage you to reflect on how your strengths align and find ways to get involved. Consider these ways to connect to the community in the coming weeks:

**United in helping others:** The 2020 ASU United Way Campaign opens in November. The needs are great this year as the pandemic has exacerbated homelessness, food insecurity and other challenges for many Valley families. We can show our college’s commitment to the community with 100% participation, defined as donating or opting out online. Thank you to co-captains Carol Johnston and Lisa Zingale for leading our CHS drive. Reach out to them with questions and suggestions. Over the next two months, we will give out a ton of prizes as we enter the season of thankfulness and giving. Learn how you can donate a good or service to add to the prize bag, and let’s join together to make our campaign a success!

**United in serving:** With the Veterans Day theme, “Salute to Service through service,” ASU’s 2020 Salute to Service events from Nov. 5-19 are dedicated to all Americans who serve, whether on the front lines of combat or the front lines of improving their communities. ASU will recognize two veteran members of the CHS family for their service to the college and
community. Dakota Hohenwalter, a master’s student in exercise and wellness, is our college’s GPSA senator and founded the Veteran’s Wellness Club. Chuck Hale, graduate program coordinator senior for CHS, is the commander of our Veterans of Foreign Wars Post 12031 in Anthem and founded a military ball fundraiser. Videos honoring them will be screened throughout the two weeks including the live-streamed Gin Blossoms concert Nov. 8. On Nov. 12, don’t miss CHS nutrition alum Ben Jones, a veteran and owner of Fit Body Boot Camp, present a virtual talk and workout for Salute to strength: lessons in mental and physical toughness.

United in celebrating families: I am looking forward to meeting our students’ families during ASU Family Weekend Nov. 6-7. All events will be virtual. Check out the schedule for ways to participate. While you are in your calendar, save the date for fall CHS Convocation, which will be virtual on Dec. 14. More info to come.

United in supporting students: If there is a student of concern in your class who needs extra support or connections to campus resources, please ask the CHS Student Engagement and Retention Team for help. Submit the student’s info into this Google form and a team member will reach out to the student.

United in sharing stories: This week, we finish the Eagle Book Series, the award-winning diabetes education resource, with the fourth story, Tricky Treats. Just in time for Halloween, this tale, aimed at elementary age children, introduces a trickster character Coyote and encourages children to choose high nutritional value in what they eat.

Finally, check the intranet calendar for upcoming events including today’s Staff Success Forum which will feature a costume contest with faculty invited. Look out for me because I am dressed up again this year. I bet my costume snafu at age 10 is why I still love to dress up for Halloween.

Take care,

Deborah
Deborah L. Helitzer, Sc.D.
Dean and Professor
College of Health Solutions
Arizona State University
550 N. 3rd Street
Phoenix, AZ 85004
Health North 5th floor
602-496-2511
For assistance with appointments or other information, please contact Daniel Eckstrom (Daniel.Eckstrom@asu.edu)