

From: Official ESU Email <esuemail@live.esu.edu>

Sent: Friday, April 10, 2020 8:14 AM

To: ESU Students <ESUStudents@live.esu.edu>

Subject: ESUEMail: A message to ESU students from President Marcia G. Welsh, Ph.D. - April 10, 2020

Warriors,

I wanted to take a moment to send all of you greetings during a time when many of us would normally be with friends and extended family to observe Easter, Passover, and Ramadan. As we all know, the last few weeks have been anything but normal with the mental, physical, spiritual, financial and other challenges that we are all facing. This year, we will be creative in how we embrace these family traditions, while looking around us as spring begins to unfold with the hope that better days are ahead.

We will all look back on this spring and remember that we spent these holidays in self-isolation and social distancing. Hopefully, we also will take this time to reflect on those things that are important to us. Here are a few ideas to consider that might make this unique time more memorable:

- Check up on friends or family members you haven't seen in a while or who may need some help.
- Participate in religious services online.
- Plan an online meeting space with family members who can't be with you.
- Have a virtual Passover Seder or Easter dinner featuring all your family's traditional favorites (if they're available).
- Enjoy an Easter Egg hunt with other family members who live with you in your backyard (making sure to practice social distancing), or take a walk with family members to look at the holiday decorations in your neighborhood.
- Use Netflix Party or other app to watch a movie or show together with family and friends.
- Or if you are sharing your space, my family's favorite, bonding over board games (we're very competitive)!

I know that you're doing all that you can to stay strong and positive, and you're discovering the strength and resilience that you need during this time. We are members of the #WarriorsFamily, and it is imperative that we support each other any way we can. I wish you all the best during these times of faith, and uncertainty.

Marcia G. Welsh, Ph.D.
President
East Stroudsburg University
200 Prospect Street
East Stroudsburg, PA 18301